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YOUR
ARMS**

**HOLY
COW!**
COOK THE
PERFECT
STEAK

**DOES PORN
REWIRE
YOUR BRAIN?** p72

**PUNCH ABOVE
YOUR WEIGHT**

PACQUIAO & MAYWEATHER'S
SECRETS FOR EXPLOSIVE POWER

MH MAN 2015

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▲ Coolangatta's
Damien Rider, 39:
our 2015 winner

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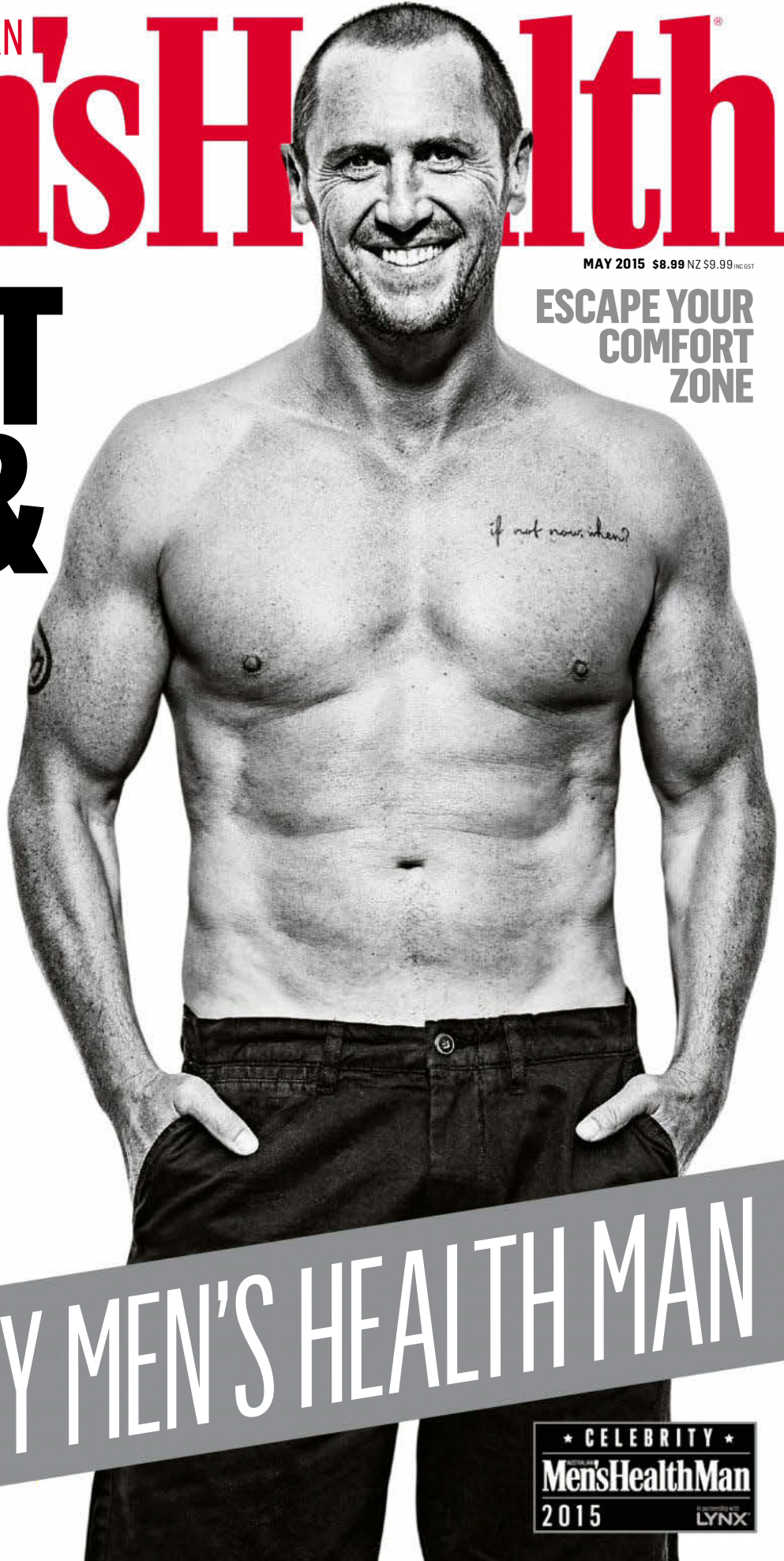
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EMDUR** →

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MH COVER GUY **DAMIEN RIDER** WEARS H&M SHORTS AND SEIKO PROSPEX SSC261P WATCH PHOTOGRAPHED BY **JASON IERACE**

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HAPPY AS LARRY

A couple of months ago, an email from Larry Emdur pinged into the *Men's Health* inbox. *The Morning Show* host had just completed his photo-shoot for the *Celebrity MH Man* competition. At the time, Larry didn't know that he'd go on to win it by a landslide public vote. The gracious note that he rattled off simply reflected what he'd gone through to transform himself into peak condition at the age of 50.

That email, reproduced below, reads like a blueprint of the *MH* editorial mission. Our aim is to give you the know-how to evolve into a fully optimised version of yourself. And just as Larry found out through his phenomenal efforts, it's never too late to start.



Hey All,
Just got home and felt compelled to put my feelings in writing before I go out for Macca's, KFC and Pizza Hut.

Thank you for thinking of me and inviting me to take on this challenge. It has tested me on every level. Just when I was at a very comfortable phase in my life and thought everything was going along just fine, this journey has shaken things up and given me an entire new lease on life.

And to turn 50 next week in better shape than I was when I was 30 is just amazing. I can't thank you guys enough for teaming me with up with PT Cameron Byrnes – his training and psychological coaching was bloody fantastic.

It's funny to think I've always had the time, the inclination, the money and the resources to make this happen, yet I never have. I guess I've just never had the proper motivation, guidance or mindset. You gave me all those missing ingredients to build and to reach a brand-new me, a brand-new 50-year-old me.

Team, regardless of what happens from here on in, I have met my personal goals, (I honestly didn't think I could). It's been the greatest personal, physical and mental challenge of my life, a title previously held by sailing in the Sydney to Hobart.

I cannot thank you enough, my wife and kids are so proud of me. Just when I thought I'd reached an age where I had come to terms with "That's it, that's the way I'm going to be and feel for the rest of my life".

I am eternally grateful. And so is Sylvie, 'coz tonight she gets to sleep with a guy from Men's Health . . . Woo-hoo!

Thanks
Larry

Luke Benedictus

Luke Benedictus

Twitter: @LukeBenedictus

Email: menshealth@pacificmags.com.au



REVEAL

Calvin Klein



A NEW FRAGRANCE FOR HIM

#REVEALMORE

Nudes aside, is the cloud still my smartest option for backing up data? – HY

WHILE YOUR NOT-SAFE-FOR-WORK SNAPS are unlikely to garner attention rivalling that of Kim Kardashian's, your other details – login info, contacts, location – might. While most of your data is used for practical purposes, such as geotagging your Facebook photos, it can also be mined by corporations for marketing objectives. If that makes you uneasy, stick fluff in the cloud and store your sensitive data on a hard drive.

DATA DEFENCE
Many apps back up to the cloud by default. And simply deleting iPhone content doesn't cut it – switch up your settings to play it safer.



DELETE

Removing snaps from Camera Roll isn't good enough. To purge the cloud of compromising images, go to:

- Photos
- ↓
- My Photo Stream
- ↓
- Select
- ↓
- Delete



DISABLE

Everything from your notes to Safari searches are stored. To control which apps connect with the cloud, go to:

- System
- ↓
- Preferences
- ↓
- iCloud
- ↓
- Turn off all options for mail, contacts, calendars, etc →



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Victorinox, a company with the status of a national treasure in Switzerland because of its most legendary product – the Swiss Army Knife – is celebrating its 130th anniversary in 2014. To mark the occasion, Victorinox Swiss Army has created I.N.O.X., a new watch that pays tribute to the history and industrial know-how of the brand by showcasing the values that have made it famous: authenticity, strength, quality, expertise and Swiss design.

An exceptional celebration requires an exceptional watch. I.N.O.X. demonstrates a level of robustness never before achieved in watchmaking. Designed to withstand unusual stress, it has passed a ruthless battery of 130 strength tests.

Some of the I.N.O.X. tests were so extreme they merit special mention. An I.N.O.X. is tested to be capable of resisting:

- Nitric and sulfuric acid solution.
- A fall of 10 meters onto a concrete surface.
This is the equivalent of a drop from a 3-floor building.
- Exposure to a flame for more than one minute (+1200 °C)
- Being driven over by a tank weighing up to 64 tons.
- Two hours in a washing machine at 90 °C with full spin cycle.

Beyond the standard certification tests of the Swiss watch industry, this series of new tests was developed specifically for I.N.O.X. and reflect Victorinox Swiss Army's passion for pushing boundaries and imposing new rules on resistance and quality.

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Is white rice really so much worse than brown?

- DR

Not always. Sure, brown rice boasts more fibre, vitamins and minerals, but it does "reduce the digestibility of protein", says nutritionist Alex Ferentinos – meaning your beef burrito with brown rice may not be as effective a muscle-builder as you think. While black rice packs more antioxidants than white, it's actually the white stuff that wins out when you're hitting the gym, as it contains more protein. Just because it's processed doesn't mean it isn't beneficial. "Whey protein powder is processed too, and it's still good for you," says Ferentinos. Use our tables to compare the three:

WHITE PER CUP	
GI value	64
Fibre	1.5g
Protein intake	72%
Cook for	10 min

BROWN PER CUP	
GI value	55
Fibre	3.5g
Protein intake	66%
Cook for	30 min

BLACK PER CUP	
GI value	55
Fibre	6g
Protein intake	68%
Cook for	20 min



Do standing desks really improve your productivity?

- VT

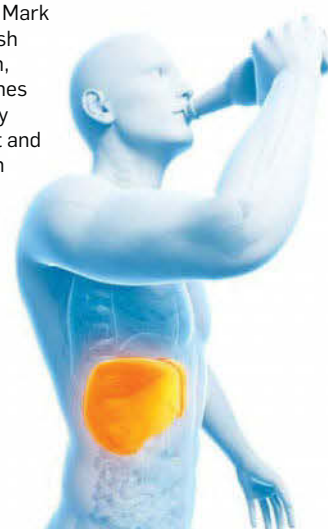
Trust us, the back and forth with HR is worth it. Standing for an extra 90 minutes a day lowers your blood sugar and builds core strength. And while being sedentary shortens your life, you don't need to be on your feet all day; in fact it would probably put strain on your knees. Opt for a model that allows standing and sitting, such as the Varidesk Pro (\$385; au.varidesk.com), so you can keep a lower profile when you need to. "Build up gradually," says rehab expert Dr John Buckley. "Begin splitting 30 minutes over a day, then add 30 minutes each week." If building management stonewall you, try pitching to the corporates how the health benefits will improve your work. HR case closed.



Hangovers hit me harder these days. Do they worsen with age?

- PO

Sorry, but your liver isn't the alcohol-processing machine it used to be. As you age, it produces less alcohol dehydrogenase, a group of enzymes responsible for breaking down the two types of alcohol (ethanol and methanol) present in most drinks, according to researchers at the University of Hamburg. So when you down the same amount of booze you consumed a decade ago, it hangs around in your body longer, extending your morning agony. "When we get older, the recovery process for everything we do is harder, longer and slower," says gastroenterologist Dr Mark Welton. Want to avoid hellish mornings in the future? Um, drink less. But for those times when you do get, er, socially excited, give your liver a lift and stir a scoop of whey protein into a glass of milk. The milk and whey are stocked with cysteine, an amino acid that will help rid your body of toxins.





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My girl says she wants me to be rough. How rough is too rough? —AE

THERE ARE A HANDFUL of things you never want to see in the bedroom. Blood is up there. So are tears. At the same time? Moonwalk out of there pronto, my friend, take things slow. Start, say, with a cheeky tap on the toosh. If she responds well, maybe bump up the bondage. Remember that every girl is different. Her definition of a wild time might involve letting Patricia the Persian cat stay in the room. If either of you get uncomfortable, put away the Vaseline and take a time out.

Q What does a girl want to see when she firsts steps into my apartment late on a Saturday night? —DR

There's a heap of stuff we don't want to see on arrival, including but not limited to: your naked roommate, a sink full of mouldy takeaway containers, stuffed toys and a shrine dedicated to your ex. The things we'd like to clock? The basics, like clean sheets, but also anything that tells us a little about your personality or interests, like books, artwork or sports gear. Throw in a few family mementos and a token bowl of (relatively) fresh produce, and there's good chance she'll stick around.

Q I love my job and I do it well, but I earn way less than the average bloke. Honestly, how important is the size of my bank balance? —BG

Passion always outweighs salary or status. I'd choose cheese and crackers over truffles and caviar if it meant my plus-one was pursuing fulfilling work. When you think the average worker racks up around 90,000 hours on the job over a lifetime, it pays to chase a career that's going to leave you satisfied. Even if that means your mates have to pick up the tab at after-work drinks.

Q Admit it: cheesy pick-up lines are kind of funny... —DS

Funny, yes. Successful, not always. It depends on your delivery. "I think you're suffering from a lack of vitamin me" needs to be unleashed with confidence followed by something substantial. But bear in mind that the clock is against you. Princeton psychologists reckon it takes one-tenth of a second to cement a first impression, meaning what you do before opening your mouth is just as important as the actual content. So approach with a smile, stand up straight, then try: "Are you Google? Because you're everything I've been searching for..."

Q When is a man too old to roll up the hems of his chinos, hipster style? —JA

A man with the confidence to reveal his hairy knobby bits should be celebrated, no matter his age. That said, it's what you pair with the pants that could be your undoing. For example, cropped pants + V-neck T-shirt nearing your navel = too much skin. Irony Christmas-inspired cardigan + pastel Converse + flannel beanie = overkill. Pick your favourite fashion flavour and rotate the other elements accordingly.

THE A-HOLE ACCESSORIES

Stylist Ashley Weston tells you which extras will turn her off



RINGS (PLURAL)

One's fine. But unless your name's Ozzy, keep it that way. And never, ever wear thumb rings. (The Nineties are, like, so last century, dude.)



BRACELETS (PLURAL)

You want your watch to be the main attraction. Stick to a single bracelet worn on the same wrist as the watch — no more.



EARRING(S)

Earrings on a man are distracting and the line between cool and corny is so fine it's all but invisible. Not worth the risk.



LOUD EYEWEAR

The trend towards statement glasses works only if you're a member of LMFAO. Go with something classic and understated.



Got a question for Ask Men's Health or The Girl Next Door? Email menshealth@pacificmags.com.au or head to yahoo7.com.au/menshealth.

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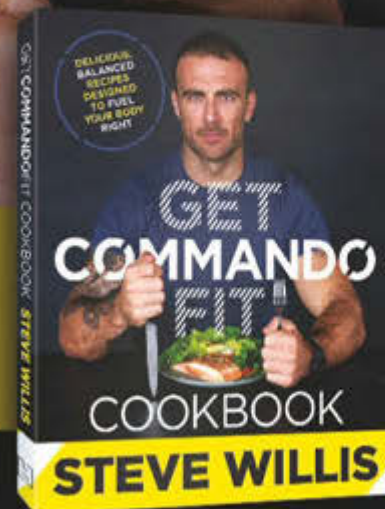
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GNAWING PAIN

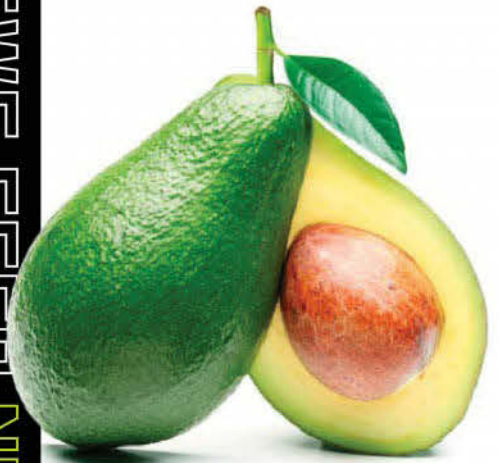
Pencil chewers beware: chronic stress can raise your odds of having a stroke in the next decade, reports the University of Minnesota. For every single point increase in test scores measuring stress levels, study participants' risk of stroke jumped 19 per cent. The authors speculate that the body's reaction to chronic stress may send inflammatory responses into overdrive, possibly impeding bloodflow to the brain. Something to chew on if you're feeling the pressure.

Now trending in health and fitness

edited by Ben Jhoty

NEWS FEED

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- 24 **WORK**
- 26 **SEX**
- 28 **WEIGHT LOSS**



LET'S 'AV IT

Order the avocado on toast next time you hit your local cafe. In a controlled-feeding study, researchers at Penn State University compared people who ate a low-fat diet, a moderate-fat diet and a moderate-fat diet that included one avocado a day. The result? Avo' eaters experienced double the drop in low-density lipoprotein – the so-called "bad" cholesterol.

SMOOTHIE OPERATOR

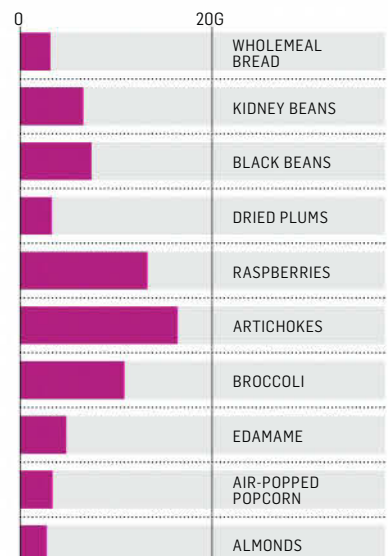
Shake yourself awake: a morning protein smoothie may help shield you from type 2 diabetes, a University of Tel Aviv study suggests. By measuring the study participants' post-smoothie blood-sugar levels, scientists found those who'd downed a beverage containing 50 grams of whey protein had a 28 per cent reduction in glucose levels three hours later. Pounding protein may ramp up production of GLP-1, a hormone that causes your body to make more insulin. This process could help stop a glucose spike before it starts.

24

Percentage reduction in your stroke risk if you increase your daily intake of olive oil by five teaspoons.
SOURCE: BRITISH JOURNAL OF NUTRITION

RACK UP ROUGHAGE

A study at Harvard School of Public Health found men who ate the most fibre were 27 per cent less likely to die over 11 years than men who ate the least. As you digest fibre, it forms short-chain fatty acids that fight inflammation linked to type 2 diabetes and stroke. Researchers suggest aiming for 38 grams of fibre a day. Here are your best go-to sources...



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TRIAL BY
NUMBERS**COCOA****THE THEORY:**

Cocoa flavanols boost memory function

THE QUANTITY:

900mg daily

THE DURATION:

3 months

THE RESULT:

Participants reclaimed the memory function of 30 years prior.

SOURCE: COLUMBIA UNIVERSITY

**RUN ON
EMPTY**

Trust your growling gut: you're more likely to make smarter

decisions on an empty stomach, say researchers at Utrecht University. Study participants who fasted before taking a series of tests made winning choices 50 per cent of the time, compared with only 40 per cent of the time for people who ate a meal beforehand.

The implication: under-eating curbs overthinking. The intuitive approach might help when you're under pressure to make a decision, the researchers say.

The percentage increase in the likelihood you'll be a heavy drinker if you work long hours.
SOURCE: BRITISH MEDICAL JOURNAL

**ALL HAIL
LESS MAIL**

You've got mail? You've probably got stress, too. Viewing emails less often may reduce anxiety, say researchers at the University of British Columbia. They asked 124 adults to keep track of their daily stress levels for two weeks. For one week they were asked to check email just three times a day; in the other week they could check as frequently as they liked. You might think not being allowed to check email would be stressful, but the results showed the opposite: self-reported daily stress levels were lower when email was restricted.



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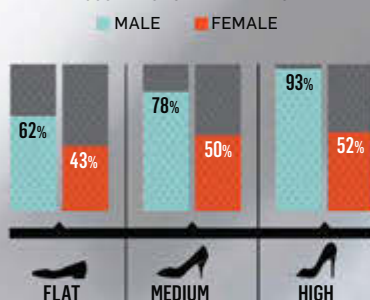


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COME TO HEEL

Are we really this predictable? The higher a woman's heels, the more likely men are to help her. Researchers at the University of Southern Brittany watched how guys reacted when a variably shod woman dropped a glove on a footpath. "Heel size exerted a powerful effect on men's behaviour," the study notes. Possible reasons: heels make her taller, her gait is sexier, and media messages condition us to associate high heels with sex. The phenomenon held true in four separate experiments, even with the women seated.

PERCENTAGE OF PEOPLE WHO HELPED A WOMAN ACCORDING TO HER HEEL HEIGHT



IS SHE BORED ON ALL FOURS?

The primal heat of doggy style sex may leave her cold. In a new *Journal of Sexual Medicine* study, not one woman who consistently climaxed said sex on all fours was her ideal position. They preferred to be on top – for better clitoral stimulation, says study author Dr Susan Oakley. When she's astride you, have her tilt her bum up so your penis pushes against her front vaginal wall, making indirect clitoral stimulation more likely.



Pillow-oh-oh-oh Talk

THE FINDING

People who hit orgasm share more secrets after sex than non-climaxers do, reveals a University of Connecticut study.

THE SCIENCE

The release of the hormone oxytocin after orgasm may help us read social and emotional cues and see a benefit in speaking freely, says study author Dr Amanda Denes. Oxytocin may help you realise that you bond more if you share more.

YOUR PLAY

Stay awake. Take her pillow talk as a coital compliment.

50

The percentage of all penile fractures caused by sex in the "cowgirl" position. SOURCE: ADVANCES IN UROLOGY JOURNAL



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SUGARCOATING THE PROBLEM

The enemy has been identified and it's not chips. Of everything we eat, sugar is the greatest predictor of weight gain in men, according to researchers at Japan's Niigata University. The scientists report that consuming five grams of sugar a day would lead to a weight gain of almost a quarter of a kilogram in a year. Since the average Australian consumes 95g of sugar a day, according to a recent Euromonitor survey, the size of the problem is clear. An easy way to start cutting back on the sweet stuff? Forego sugar in your coffee, says study author Dr Hirohito Sone.

THE Word

HUNGRY

According to research at the University of Illinois, this is the state you should be in to burn fat without losing muscle on cardio days. Leave the second Weet-Bix in the box and lace up.



3 WEIRD DIET SABOTEURS

Ordinary things can create extraordinary problems for your weight-loss goals. Here's how to fight back

You Multitask Too Often

Copping it at work? Emory University found juggling jobs wears out your self-control – avoiding that afternoon muffin can become one task too many.

THE FIX

Set deadlines and reward yourself when you hit them ("No coffee until I finish this report"). Track wasted time at rescuetime.com.

You Order At The Counter

Umming and ahing at the counter can lead to sensory overload, with the myriad sights and smells leading to poor choices.

THE FIX

A recent study in the journal *Appetite* found that people who pre-ordered lunch online selected meals with 480 fewer kilojoules on average.

You Pay With A Credit Card

Paying with plastic makes you more prone to impulsive purchases, according to Cornell University, filling your shopping basket with 42 per cent more junk.

THE FIX

Head to an ATM. Handing over cold, hard cash will make you think twice about that Snickers multi-pack.



NEW

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THE HUNGER GAMES

Chef George Calombaris handles the heat of the kitchen, the pressures of running a restaurant empire and the craziness of reality TV. He also plays a bit of football. Use his tips to discover how to manage the madness that comes with pursuing a bigger piece of life's pie

BY BEN JHOTY PHOTOGRAPHY BY JULIAN KINGMA

GEORGE CALOMBARIS plays ping pong the same way he preps dinner plates or delivers verdicts to contestants on *MasterChef*: intensely. As he rips a forehand past me on a table at Mastic, his new wholefoods cafe in Melbourne's Kew, I realise that rather than this being just a bit of mugging for the camera, I've got a game on my hands.

Calombaris doesn't look particularly pleased with his shot. Instead, with his well-worn game face firmly in place, he waits to see what I'm going to come back with. Pretty soon we're into a rally, the ball ping-ponging back and forth over the net as bemused customers look on. Finally, with a bit of height to work with, I put some mustard on a backhand, rifling it past his outstretched bat. Calombaris breaks into a broad smile. "Oh, so you finally decided to open up a bit," he laughs.

I smile too. I feel like I might just have earned the man's respect.

As I'm quickly learning, respect is not something the 36-year-old restaurateur and TV host dishes out easily. Instead, he makes you work for it. That means matching his bubbling intensity. No easy task, given the man's drive and work ethic have been forged in hot kitchens and he knows only one gear: full throttle. It's a by-product of his passion, of course. What it means in practice is that he expects you to work as hard as he does. To "open up" in other words.

"Everyone thinks they've got rights these days," he'd told me earlier over a mint tea. "It's not your right to have something. You only earn that right through hard work. We've forgotten that hard work is the key to success." Calombaris has never forgotten it. Drummed into him by his father, a Greek →



"IT'S NOT YOUR RIGHT TO HAVE
SOMETHING. YOU ONLY EARN THAT
RIGHT THROUGH HARD WORK"



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VIDEO**
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PAGE FOR OUR
Q&A WITH
GEORGE



Calombaris is as
determined at the
ping pong table as
he is in the kitchen.



WHAT'S FOR DINNER?

Can't decide what to eat tonight? Pick a seasonal ingredient and base a meal around it, advises Calombaris. He chooses broccolini. "It's beautiful at the moment," he says.

Try this: chop one bunch of broccolini into small pieces.

Steam for two minutes.

Boil some spelt pasta.

Mix with broccolini

Splash with olive oil.

Grate some parmesan over the top.

"That's a \$4 dish in a bowl for you," Calombaris says.

immigrant who moved here in the Fifties, it was to become his calling card in the early to mid-2000s when, as a hot young chef, he won just about every major award going around. Now, though, as his life expands like a rich meringue, it's become more important than ever.

"You've got to push the boundaries," he says, starting to pound the table in full head chef mode. "Whatever you think is right, you need to break it. My theory is, if everything is running well and the restaurants are good, something bad is going to happen. Break it before someone breaks it for you."

Whether you're slaving away in a fiery kitchen or a sterile cubicle, it's a lesson worth heeding if you wish to thrive in the maelstrom of the modern world, where there are no longer any certainties and staying relevant is as much a battle as getting ahead.

As tough a challenge as that is, though, an even harder one is to pursue your dream, or whatever chef's special life happens to serve up to you, without letting it consume you. It's a tough gig, sure, but amid the chaos of the kitchen, the demands of a business empire and the madness of television, Calombaris has found a recipe that works.

EMBRACE THE HARD YARDS

Growing up in Mulgrave in Melbourne's south east, Calombaris had two dreams: to play professional football or cook for a living. While it may sound trite, the kid with the big dreams is usually the one who grows up in possession of the passion and dedication required to absorb hard work. "When you're in those moments where you wish you could

press an eject button, you get through because you remember that dream," Calombaris says.

In fact, it meant he actually sought out hard yakka, training under fellow *MasterChef* judge Gary Mehigan and Raymond Capaldi at the highly regarded Fenix in Richmond. "My first 10 years in the industry were extreme," he says. "I put myself in the hardest and most difficult places I could to get the best training possible."

And he did whatever it took to get better, chopping thousands of onions and filleting countless crates of fish, until these tasks were as imprinted in his muscle memory as cracking open a beer. "While everyone else is sleeping, stay awake and learn," Calombaris advises, eyeing me like a contestant who's just overcooked his casserole. "Because if you want to be the best at something, that's the only way it's going to happen."

RESPECT BREEDS CONFIDENCE

As hard as those early days were, though, Calombaris now looks back on them fondly – mostly, you suspect, for their innocence. "In hindsight they were easy days," he says. "Now's hard. Now you have to make decisions that are tough." That's because with seven restaurants spread across Melbourne, plus another in Greece, together with his *MasterChef* commitments, Calombaris faces what is perhaps the most common and crippling equation known to modern man: more responsibility, less time.

When you have this many dishes bubbling away on the stove, the key to managing pressure and facing up to responsibility is to find people you can

trust. And when you find them, keep them. "I sit here with a sense of confidence in the individuals that represent me," Calombaris says. Without looking back, he motions over his shoulder at the head chef. "I can hear Alex, the guy with the beard there, running the kitchen. He runs it better than I want it run." Keeping his eyes fixed on me, he tells me about Travis, his business partner. "He's been with me for 12 years. He was originally my sous chef. I trust him implicitly."

The upshot of such pure, no-look confidence in your employees or colleagues is that you can become, in Calombaris' words, "the ultimate delegator". It's the reason why you have to work so hard to gain his respect. But once you have it, he'll give you the freedom and the responsibility to make moves. Not only does that embolden employees, it frees you up, too.

MANAGE YOUR INNER CONTROL FREAK

Or it at least it *should* free you up. The trouble for Calombaris is that he is, by his own admission, obsessive about the details of his operations. Right now the chair he's sitting on is ever so slightly wobbly. It's annoying the hell out of him. Taking care of such minor details, he says, is the key to success in the restaurant business – in any business in fact. "This chair is pissing me off," he says, without looking down. "That's going to be the first thing I say to Travis: 'Can you check all the chairs and make sure they're not wobbly?'"

Realising he can be overly controlling at times, he knows he must draw the line to prevent perfectionism becoming →



Ping pong over, Calombaris is all business in the kitchen.



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SWISS MADE

a block on progress. His solution? He goes into his restaurants and focuses on getting three main issues sorted. "Any more than three and you drive yourself insane," he says. Your staff, too.

BE "THE SPECIAL ONE"

So how do you define Calombaris' role now, then? Because one thing's for sure, he's no longer the one with tears streaming down his cheeks as he chops through a mountain of onions. "Does Valentino sew the buttons on his suits?" he asks me with the hint of a smile. He's quick to assure me he's not comparing himself to the great Italian fashion designer. Chelsea manager José Mourinho, he jokes, is a better comparison.

"Mourinho is only seen on game day," he says. Up until then, Calombaris explains, the self-professed "special one" has people running training sessions, getting his players drilled and fit. "It's game day that he makes his money." Whether it's in the kitchen, the office or a building site, your job as manager, Calombaris reckons, is to inspire and motivate your employees. By taking this hands-off, slightly rarefied approach, you assign the speed of your boat to others, he admits, but you maintain control of the direction. "You're still at the rudder, steering it where you want," he says.

KEEP DREAMING

With its colourful ping pong tables, prominent industrial ventilation, pine shelving and exposed brick walls, Mastic is an appealing rugged space. The health-food cafe is also another dream, Calombaris says.

It certainly looks like a winning package, but you never know in these tough times. One of the keys to staying on top and maintaining control is to act decisively when a venture, project or employee looks like becoming a deadweight. That way, hopefully, you won't get dragged down with it.

Last year Calombaris had to close a restaurant he began with *My Kitchen Rules* host Manu Feildel. "It was tough, but sometimes you need to make tough decisions so you don't hurt other people," he says. "Sometimes it's better to let go. Sometimes it's better to get divorced."

It's part of the cut and thrust of building a business and maintaining an empire. You take your licks and move on. Perhaps that's why Calombaris doesn't yet regard himself as a success. He has too many dreams yet to achieve. "Success will be measured when I retire and sit back and ponder what I've done," he says.

A chef with an insatiable appetite for achievement. Perhaps it's no wonder he's still so hungry.

RETURN TO SLENDER

Calombaris is the Melbourne Victory's No.1 ticket holder. He also turns out once a week for his local division 3 team Knox City, as a terrier-like right-back.

But it was only a couple of years ago, when he tipped the scales at a tubby 92 kilograms, that he thought his playing days might have passed. "I'd have lasted five minutes on the field back then," he says. Now, after dropping a whopping 22kg, he can play a 90-minute game and "do a job for my team".

A skinny teen, Calombaris' waistline ballooned when he swapped the pitch for the kitchen. Grinding out long hours in such a high-stress job, he simply had no time to prepare proper meals. "You dedicate yourself to that stovetop and you don't move," he says. "After your shift you binge eat whatever's in front of you."

The key to losing lard, he reveals, is to prepare for your day so you're in control of what you eat.



Chef's Special

George's pitch-perfect recipe

Ingredients

SNACKS: nuts, Greek yoghurt, hummus with carrots, smashed avocado and tomato on toast, tea.



CHICKEN OR FISH WITH VEGIES OR SALAD: "Proper meals at proper times."



2X TOTAL-BODY CONDITIONING WORKOUTS: "I like to get my heart rate up and sweat a bit."



FOOTBALL: "I don't care how tall you are, if you've got the ball, I'm coming after you."

Method

Stick at it for 3-6 months, stirring occasionally until the fat is burned off and the body tough and sinewy.

Verdict

"You can think more clearly, you're not as tired, and you get more out of your day"

Heads you win.
Calombaris has shed an impressive 22kg.

BE SAFE BE SEEN



NEW



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THE BEST EXERCISE
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SPIN AND WIN

Develop MMA strength with the abs to match using the cage windmill. This new-school fighter's move will give you a killer physique in no time

If your progress towards a better body has already become a little static, it's time you introduced a twist into your regimen. Born out of MMA training techniques, the cage windmill offers the perfect workout combo—providing functional-fitness gains as well as a huge physical response from your muscles, resulting in a bigger-but-leaner body that also packs a performance punch.

But the payoffs don't stop there. Your obliques (the muscles that bookend your abs, rounding off your midriff) are forced to move your entire body in a rotation. These control everything from your punching power to your golf swing, so you can make it to the final round in either discipline.

For a knockout physique and a slick addition to your dancefloor repertoire, get down on the floor for this spin class with a difference.

1 SET UP

It's worth noting that this is not an easy move. You need to stay sharp and explosive from the get-go. Begin sitting on the floor, then rise onto your arms.

2 THRUST UP

From this position, bring both arms to one side and lower your hips. Now drive your hips up hard and propel your torso up so that your arms leave the ground at pace.

3 CATCH UP

Before you go crashing to the floor, swing your arms quickly across your torso, forcing it to rotate. Bring your hands down to catch your weight as you reach the other side.

4 STEP UP

To glean the greatest benefits from this exercise, work at it until you build a rhythm, and aim for three sets of 10-12 reps at the end of each workout. Trust us: a sweat towel will be mandatory.

WHAT YOU'LL GAIN



Octagon-ready obliques and a shredded six-pack



Knockout punching power



A brand-new dance move



“WHOLEFOODS OUTPERFORM MULTIVITAMINS ANY DAY”



Paul Harper, age 46,
BHSc; Nutritionist, Metabolic Analyst,
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The molecular structure of natural vitamins and nutrients which are well absorbed by the human body cannot be duplicated in the lab whereas those synthetically derived are poorly absorbed and utilized.

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HOW **SNORING** CAN CAUSE A CAR CRASH

Sleep specialist Dr W. Christopher Winter explains how sawing wood can lead to twisted metal

1

YOU FALL INTO A DEEP SLEEP

As you downshift into blissful somnolence, every inch of your body gradually relaxes, including the back of the roof of your mouth. This fleshy area is known as the soft palate, and it plays an important role in talking, swallowing and crashing on the highway.



3 YOUR BRAIN CELLS SUFFOCATE

When all systems are functioning normally, you inhale the optimal amount of oxygen and exhale a commensurate level of carbon dioxide. With sleep apnoea, the airway blockage slashes your oxygen level to 60 per cent or less, damaging vulnerable brain cells.



4 YOU GASP FOR AIR

Your brain detects the oxygen shortage and commands muscles in your airway to stiffen. You wake for a few milliseconds, though you won't remember. This cycle can happen 30 times or more an hour, preventing you from logging deep, restorative sleep.

2 YOU START TO SNORE

If your neck is flabby (because you're flabby) or your soft palate, tongue and throat muscles relax too much (because you've been drinking or taking sedatives), your airway can narrow and you'll start snoring. If it repeatedly closes up altogether, you have sleep apnoea.



5

YOU NOD OFF BEHIND THE WHEEL

Since deep sleep is when your body eliminates the sleep-promoting chemical adenosine, you start the day with too much. Plus, years of overnight O₂ deprivation has killed cells in your brain's reticular activating system, which controls alertness. All you need now is a warm car and a boring route . . . to . . . fall . . . asleep.



ILLUSTRATIONS: VIKTOR KHOMENKO



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Average power punches Pacquiao lands per round. Ranked 2nd in the world

The average percentage of his total punches that land and score

"MONEY"

Arguably the best boxer of all time, Floyd "Money" Mayweather Jr. is unarguably one of the fittest – and wealthiest. Follow his formula to get ripped and ready, maybe even rich...

11:00_{am}

Time Mayweather usually gets up in the morning

"If I do wake up early I can be in the gym at 6am. Some athletes need routine – that isn't for me"

PAC-MAN'S POST-WORKOUT MEAL



The sugar and garlic help push nutrients into your tired muscles, while the fruit stocks up your depleted glycogen so you can fight another day

LORDS OF THE RING

TALE OF THE TAPE

\$ Mayweather

Grand Rapids, Michigan US

RECORD

47-0 (26 KO)

● Pacquiao

General Santos, Philippines

57-5-2 (38 KO)

Stand-up sit-ups

Lie with your knees bent and feet flat on the floor. Get your training partner to hold the back of your calves. Do a sit-up, then stand up. Throw a quick combo then sit back down. Try not to KO your partner.

"I use them mainly as a conditioning exercise, but they're great for the abs."

20

Minutes on speed bag

"Again, with very little break time"

200

Push-ups and sit-ups he does each session

20

Minutes skipping
A big reason why I'm as fast as I am"

8

Kilometres he runs every day

3

Hours he spends in the gym

20

Minutes shadow-boxing

45

Minutes on heavy bag

"I go intense, with maybe two or three 20-second breaks for water. That's why I am the best-conditioned fighter in the world"



28

Number of his 38 career knockouts that happened within four rounds



45min

Length of his warm-up run



3 hours

Time spent doing calisthenics – body-weight bar work. Weights slow you down



2000

Number of sit-ups in every session for punch-stopping abs

29,288

Kilojoules devoured daily to balance those burned during workouts



Hobby Basketball



PACQUIAO LOVES
Queen Elizabeth

“PAC-MAN”

From street brawler to politician, Pacquiao can still lay claim to being boxing's fittest fighter.

6:00am

Time he gets up in the morning



Number of different weight divisions Pacquiao's fought in. The only boxer in the world to do so

It's on . . . finally. The long-awaited showdown between Floyd Mayweather Jr. and Manny Pacquiao is set for May 2 at the MGM Grand in Las Vegas. Check out how the two fighters match up and use their training secrets to get in ring-ready shape yourself

HEIGHT

1.73m

WEIGHT

67kg

STANCE

Orthodox

REACH

183cm

1.69m

67kg

Southpaw

170cm

48kg

His weight during his first fight

66kg

His lightest fighting weight

+18kg

The weight he's gained during his career

MAYWEATHER ON . . .

MONEY! "Get outside what you know. Do I only make money from boxing? Does Jay-Z only make money from rapping? You got to get entrepreneurial if you want to make enough to set you up for life."

MUSIC! "I listen to a lot of hip-hop by my boy Akon. The Payback by James Brown is on a lot of my playlists. That gets me in the mood to want to do some damage."

BOWLING! "I like bowling. It's the same as boxing: if you hit the right place, you haven't got to hit hard. You know they are going down."



Meals Mayweather eats a day

"My chef uses the best ingredients: grass-fed meat, organic vegetables. If I want junk, though, I get her to make it for me. I have a fast metabolism."



30

Minutes Mayweather spends unwinding in the hot tub after training

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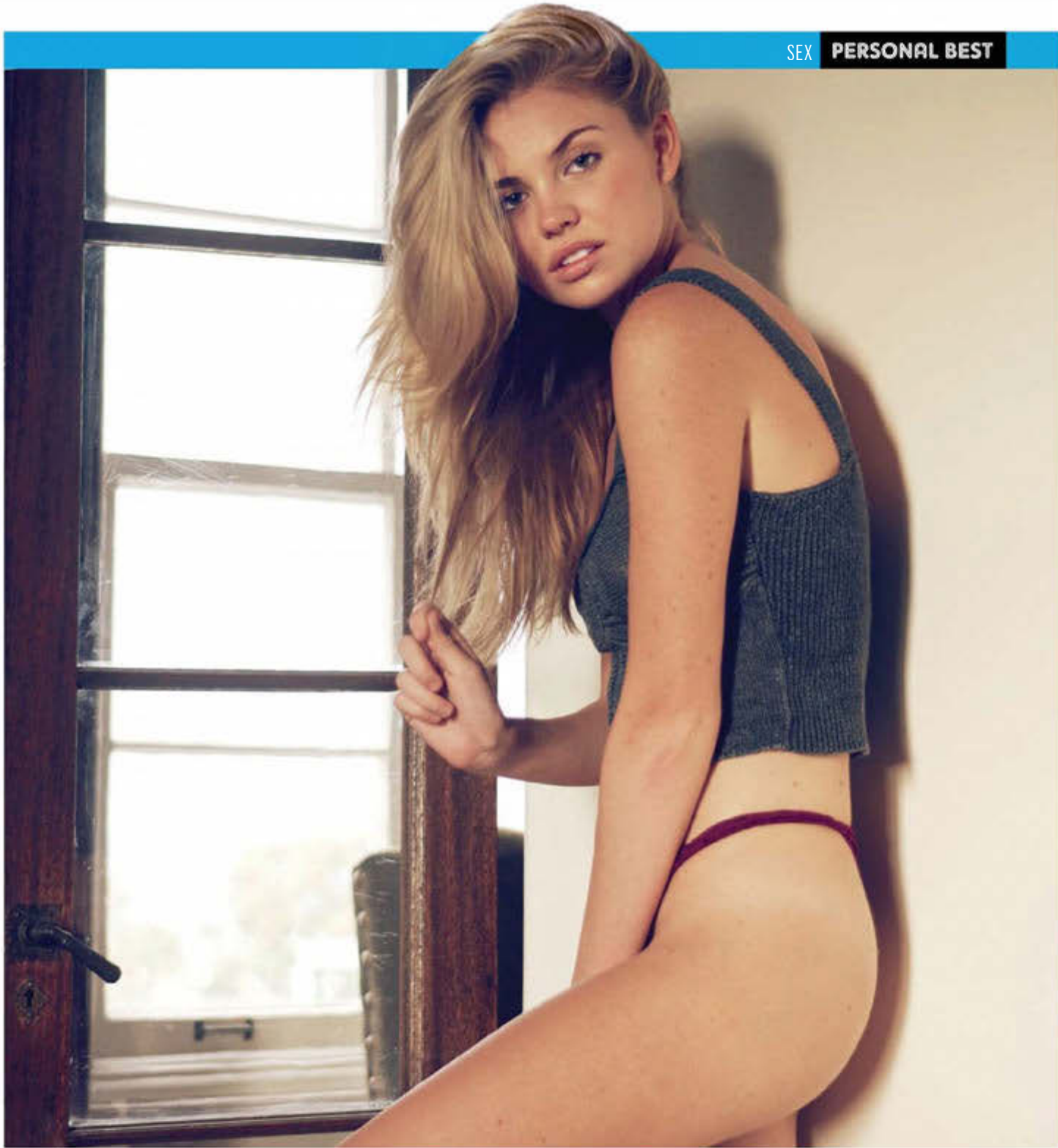
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WORDS: LAURA TEDESCO; PHOTOGRAPHY: PICODESK



THE 6 NEW RULES OF SEX APPEAL

Conquer your dating competition
by mastering these secrets

LEO DI CAPRIO, BECKS, CLOONEY: RICH, POWERFUL, ADMIRABLE. But their appeal goes way beyond fame or earning power. Call it charisma, call it confidence. Social scientist Dr Catherine Hakim calls it "erotic capital" and wrote a book with the same title. It's that certain something, she says – a combination of liveliness, sex appeal, physical beauty, fitness, charm, style, and yes, sexual competence. Right, so that's all? Don't be daunted – erotic capital can be learned. "It's how these men behave and carry themselves," says Susan RoAne, author of *How to Work a Room*. Out of the way, Clooney. →



**FAKE A V-SHAPED TORSO:
WEAR A LIGHT-COLOURED
T-SHIRT WITH A THICK STRIPE
ACROSS THE SHOULDERS**

01

LIVELINESS

Whether you're grabbing the mic at karaoke or just cracking jokes all night, your good vibes are contagious, says sex therapist Brandy Engler, author of *The Men on My Couch*. "We feel a sense of self-expansion around people who are enthusiastic about life."

■ FLAUNT YOUR WIT

Funny guys get laid: in a study in the journal *Intelligence*, men with a solid sense of humour reported having more casual sex. Comedian Steve Lemme suggests the "callback" – a humorous reference to things you've already talked about. "I'm headed to Bali this summer – I know, not as nice as [insert her hometown here]." It shows you're witty – and you've been listening.

■ SPICE UP YOUR DATES

Invite her along for an activity you feel passionate about – even if it's fishing for barra. "Do something that makes you feel full of life," says Engler. Help her cast the line and engage all her senses – the feel of the line, the ripples of the water, even the stink of the bait. That's passion.

02

PHYSICAL BEAUTY

Sure, genes matter: facial symmetry, masculinity and skin tone all provide erotic capital, says Hakim. In a 2014 study in *Psychological Science*, women favoured men with wide faces for short-term relationships, perhaps because they saw them as more dominant. Bad genes? Don't worry. Try this plan.

■ ENHANCE YOUR JAW

Facial hair is male make-up: it covers flaws and enhances assets. A five o'clock shadow highlights a good chin, says barber Danny Baptista, while a short beard can create the illusion of symmetry and add bulk to a weak chin. Trim cheek whiskers using the number two or three guard on your clippers, he advises. Let the hair on your chin and jaw grow slightly longer.

■ SMOOTH YOUR FACE

A craggy mug will cramp your style. As the weather cools, use a cleanser meant for dry skin, then add a facial cream before heading out, says cosmetic dermatologist Dr John Romano.

03

SEXUAL ATTRACTIVENESS

Alas, there's no Instagram filter to help you achieve this. Sexual attractiveness involves not only the shape and appearance of your body but also the way you move and talk, says Hakim.

■ FAKE THE V

Step one: start doing the workouts in this magazine. In the meantime, fake a V-shaped torso – widely considered the male ideal – with this trick from Sarah Lee, executive creative director for Bombfell, a clothing subscription service: wear a light-coloured T-shirt with a thick stripe across the shoulders and chest. "This brings your eye upward," she says. A tee that's tighter across the top and just grazes your belly will add to the V-shaped illusion.

■ CONQUER SPACE

In a University of Westminster study, women rated men as more attractive when the men's posture conveyed dominance – sitting with their arms and legs open while gesticulating and touching a nearby person, versus sitting with arms crossed and legs together. "When you take up space, you exude confidence," says RoAne. →

I'LL HAVE WHAT HE'S HAVING

**SOCIOLOGIST
CATHERINE
HAKIM PICKS
THE MEN YOU
SHOULD MIMIC**



STYLE GEORGE CLOONEY

Embrace the classics – dark, tailored suits and crisp white shirts, suggests stylist Brian Boye. Add a neat pocket square for colour.



CHARISMA HUGH JACKMAN

"Before you walk into a room, smile as if someone just told you a terrific joke," says public speaking coach Jay Heinrichs, author of *Thank You for Arguing*.



RHYTHM TIMOMATIC

Gotta dance? With your feet at hip width, relax your shoulders and knees and bend your elbows, says pro dancer Glenn Allen Sims. Now move to the beat.



CHARM COLIN FARRELL

Look into one eye and then the other, says Heinrichs. Shifting your gaze keeps you focused and makes you look attentive without seeming creepy.



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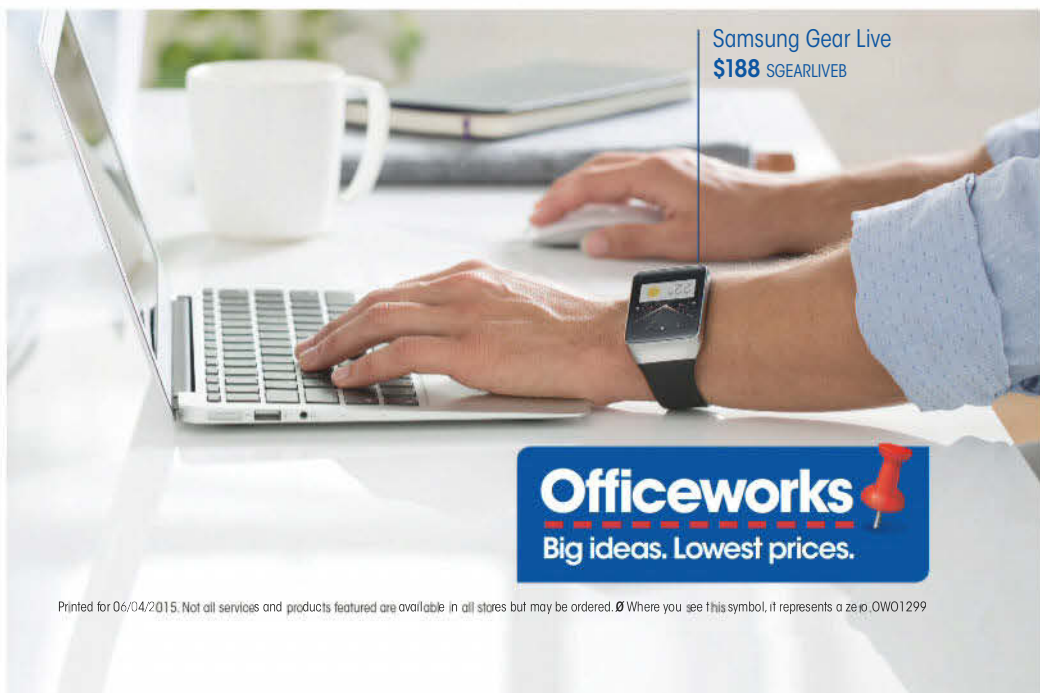


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CAN BE A TURN ON. IT'S AN
EXAGGERATED EXPRESSION
OF MASCULINITY"

04

SEXUAL COMPETENCE

Sex drive alone won't translate to being a stud in the sack, says Hakim. More critical than libido is "erotic imagination" – a creativity and playfulness in the bedroom.

■ SHOW YOUR STRENGTH

You know the scene in *Crazy, Stupid, Love* where Ryan Gosling picks up Emma Stone, *Dirty Dancing* style? Well, it really works. "Your physical prowess can be a turn-on," says Engler. "It's an exaggerated expression of masculinity, allowing her to feel soft and fragile." Your move: flaunt your strength as a form of out-of-the-bedroom foreplay. Wrestle playfully or lift her up when you kiss.

■ ADAPT YOUR ENCOUNTERS

There's a script for great sex: initiation, kissing, foreplay, intercourse, afterplay. But you should also read her moods, says couples therapist Lisa Thomas, founder of onlinecouch.com. If she's had a bad day, try the soft-and-sensual approach. After a night of dancing, playful domination might do the trick.

05

CONVERSATIONAL SKILLS

Politics aside, Barack Obama is a brilliant orator, a skill that undoubtedly won him votes. Likewise, the ability to skillfully work a room can win you a woman's vote of confidence, says Hakim.

■ STAND STRAIGHT

Tall guys are naturally seen as charismatic, a University of Amsterdam study found. But you can fake it if you need to: stand with your shoulders back, open your arms and look people in the eye when telling a story, says RoAné. Spotted a gorgeous woman? Meet her gaze and smile; you'll create intimacy before you even approach. Once you start talking, ask her name, then use it later.

■ TARGET YOUR FLIRTING

Motivation matters: guys who flirted for fun were viewed as less attractive than guys whose motives were genuine, according to a study in *Sex Roles*. "It's about making her feel special," says Rachel DeAlto, author of *Flirt Fearlessly*. Save your best material for when you're vying for a date.

06

SOCIAL PRESENTATION

Think of this as the Don Draper domain: dressing and styling your hair in a way that conveys social status and style, says Hakim.

■ ROCK THE SIDE PART

In a 2013 greatclips.com survey, 60 per cent of people said the classic side part is among the greatest men's hairstyles of all time. Opt for a fade, which keeps the look clean, but maintain your natural hairline, says Baptista. Thinning on top? "Go short," he says. "And get a super-tight fade on the sides to balance the missing hair."

■ UPGRADE YOUR SUITS

Men who wear custom suits create better first impressions than those in off-the-rack attire, according to a University of Hertfordshire study. But department-store suits can fit as if they were tailored. Make sure the shoulder pads don't extend past your shoulders and you can comfortably sit down. A tailor can easily adjust hem lengths, or even take in the sides or centre-back of the jacket, says Lee.

TAKE IT TO THE NEXT LEVEL



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16 THINGS THAT SCARE THE CRAP OUT OF YOU

No matter how brave you reckon you are, some things never fail to send you wailing for Mummy

1 Grandma kisses

Love you, Nanna – *but oh God please no, you Macbethian witch!* Spare me the blood-curdling graze of your withered lips and let me holler goodbye from the other end of the house.

2 An agitated flight attendant

They're trained to exude a preternatural calm, so the barest crack in their glued-on smile feels like curtains.

3 Self-intros in meetings

4 Projectile vomiting
It's a body in shockingly violent rejection mode. Never want to do it again. Never want to see it again.

5 Dancing sober

6 Your girlfriend's dad

You know that he knows that you know that he knows the filthy stuff you yearn to inflict on his daughter.

7 New-breed charity collectors

These youngsters come at you on the street with such excessive fake bonhomie that decking one of them would feel like self-defence. What you end up doing – brushing them – seems faintly out of kilter with the worthiness of their cause.

8 Car trouble

Being unmasked as a useless non-revhead looms because, no matter the problem, you know you haven't got a prayer of fixing it.

9 Approaching a group of women

10 Your dad trying to hug you
His testosterone having tanked, he's now in front of you, moist-eyed and open-armed. "Ah, Dad, I've really gotta fly. Call me, yeah?"

11 Bert Newton minus his wig

Sweet mother of mercy, you cry, brandishing a cross. Forgive us a lifetime of juvenile rug quips, and jam that thing back on.

12 Festival toilets

In a space so barbarically tiny, fouled by a conga line of sweaty drunks, you know the smell in there, as Kenny said, is going to "outlast religion".

13 Golf with the CEO

14 Leg-snapping EPL footage

No limb of yours could ever look like that. Could it?

15 Imprisonment in a foreign country

Culturally and linguistically bereft, your complete innocence irrelevant to the bent cops and corrupt judiciary, you're staring down the barrel of 30 years of beatings and shower-room terror in a mosquito-ridden, dirt-floored hellhole.

16 Women at hens' nights

Where normally sensible and demure souls transmogrify into hysterical, wanton frights.

You have three seconds to make a good first impression. Your goal in meetings is to appear confident, even bold, so scan the room, making eye contact with people. Speak loudly and clearly. If you can add a quip, slightly self-deprecating or otherwise, go for it. Keep your speech short to avoid tapering off. A solid ending is something like: "I look forward to working with all of you".

Your expert *Dr Darryl Cross, occupational psychologist and leadership coach*

The key is to try to have fun and not to take yourself too seriously. That said, step one to not embarrassing yourself is to avoid crushing any toes or bloodying any noses. You're in a confined space so avoid stomping or air-punching – this isn't a cage-fight. I'd also advise against lip-synching. Don't think you have to talk to your partner above the music; a smile often says it all.

Your expert *Ramon Doringo, Dance Studios director, Sydney Dance Company*

Don't try to entertain the whole group – that's going to be close to impossible unless you're Chris Rock. Instead, focus your attention on the girl you like and the one next to her. Remember, large groups are less likely to feel threatened by you than groups of two or three. Odds are they're celebrating and will be open and friendly. Keep your tone light and playful. "What are you girls conspiring about?" is a solid opener.

Your expert *Damien Diecke, head coach, School Of Attraction, Sydney*

The best kind of golfer to play with is one who plays to his handicap and is pleasant company. Try to gauge what kind of player your boss is: if he's really competitive then let him know when he's hit a boomer – but *don't* overdo it. And if you happen to win the day, do it with grace – no Lleyton Hewitt fist pumps. As soon as possible, shift the focus to his mini-triumphs.

Your expert *Tony High, business consultant and behaviour expert at Predictive Insight*

Give 'em The Finger

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A SILKY CAULIFLOWER PURÉE FOR A DATE MEAL. FOR A PACK OF GUYS, GO WITH CHUNKY SWEET POTATO CHIPS INSTEAD.

A TASTY AND NUTRITIOUS SALSA VERDE. FULL OF HEALTHY GREENS AND SEVERAL CUTS ABOVE A SQUIRT OF TOMATO SAUCE.

CUT AND KEEP

A RIB-EYE ON THE BONE IS CHURCHILL'S FAVOURITE STEAK TO COOK ON THE GRILL. FULL OF AMAZING FATS AND FLAVOUR, PLUS A PHENOMENAL CRUSTY-ON-THE-OUTSIDE/TENDER-ON-THE-INSIDE TEXTURE.

INTRODUCING YOUR KITCHEN WUNDERCOACH

The author of *Dude Food* and *The Healthy Cook*, Dan Churchill is now the Food Guy for *MH*. In this regular series he'll show you how to prepare classic dishes to satisfy the heartiest appetites

**BEST MEALS
FOR MEN**

STEAK YOUR CLAIM

Few meals hit the spot like a juicy steak. Dan Churchill delivers a step-by-step guide to dishing up the perfect piece of meat

PHOTOGRAPHY BY RICHARD MORTIMER
FOOD STYLING BY KAREN GILIS



MAKE THIS STEAK
USE THE FREE **VIEWA** APP TO SEE HOW TO RECREATE DAN'S PERFECT RIB-EYE

For me, cooking a steak is such a nostalgic experience. It triggers memories of being with my dad and brothers, the barbecue crackling away. Dad would always be in charge initially, but soon enough I'd be showing everyone how we should do it. I'm sure my passion for food started then and there. Later, I'd cook steaks for the four mates I lived with. You didn't worry about presentation. But when I'm cooking for a girl, I like to finesse things a bit more. A special sauce, a full-bodied red, a table set for two... you're all set. →



COOKED ON CLASSICS

Seven steps to a succulent slice of cow

YOU WILL NEED

- 350g rib-eye steak (to share between two)
- Salt
- Olive oil

FOR THE TRIMMINGS

Cauliflower purée

- 500g cauliflower, cut into small florets
- ½ cup coconut milk
- 1 clove garlic
- Squeeze of lemon
- Salt & pepper

Salsa verde

- ½ cup parsley
- ½ cup mint
- ½ clove chopped garlic
- 1 teaspoon capers
- Juice of half a lemon
- ¼ cup extra-virgin olive oil
- Salt

TO CREATE YOUR MASTERPIECE

1. Bring steak to room temperature.
2. At least 20 minutes before cooking, season both sides of the meat. The salt will extract moisture from the surface, helping you achieve a crispy crust.
3. Apply olive oil to the steak rather than the griddle.
4. Heat the griddle until it's searing hot. "Cooking's about the senses," says Churchill. "When the meat kisses the pan, it should sound like a firecracker going off."
5. Turn the meat every 15 seconds from the get-go. For a medium-rare result, cook for roughly four minutes (see guide, right). Rapid turning helps tenderise the meat and get it evenly coloured throughout.
6. Remove the meat from the pan and place it on top of a bed of salsa verde. Being hot, the steak will absorb the

flavour of the herbs. Put the rest of the salsa verde on top of the meat.
7. Let the dish rest for 7-8 minutes before serving.

Cauliflower purée

Bring a saucepan of water to the boil. Add cauliflower and cook until tender; 15-20 minutes. Drain. Add coconut milk, garlic and lemon, and mash (or blend) until smooth. Season with salt and pepper.

Salsa verde

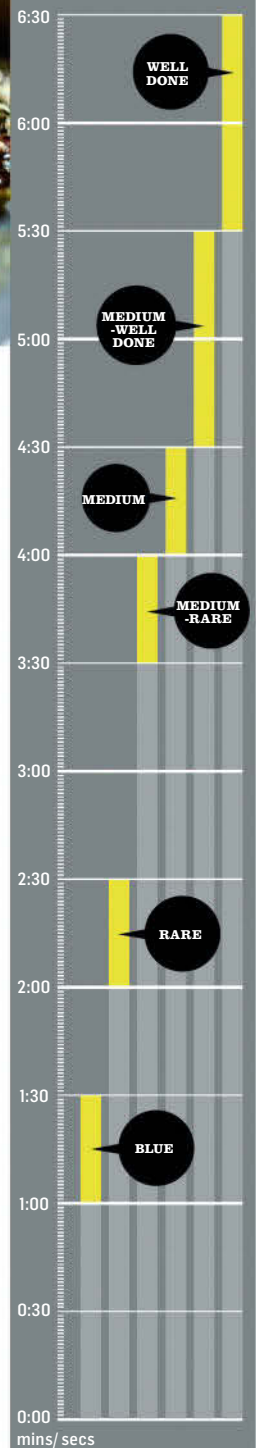
Place all green ingredients in a blender or food processor and pulverise. With the motor running, add remaining ingredients. Season.

May I suggest...

Pairing your steak with a full-bodied red wine. It's hard to go past a shiraz.

COOKED TO PERFECTION

Assuming a cut of medium thickness (2.5-3cm) and a hotter-than-hell griddle, here are the rough timings for getting your rib-eye exactly how you like it



CUT AND KEEP

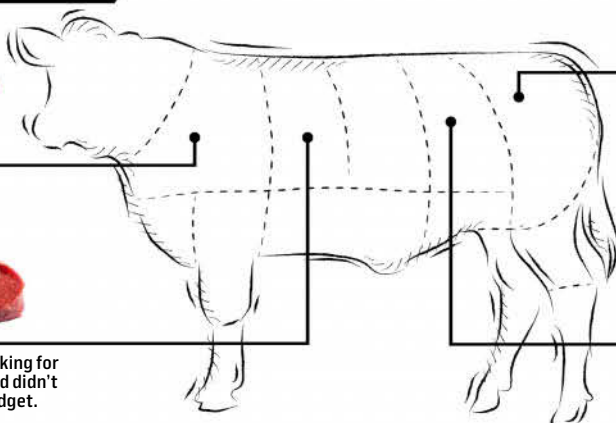
CHURCHILL ON THE OTHER CUTS



CHUCK STEAK
Don't go there. For slow cooking only.



SCOTCH FILLET
Perfect if I were cooking for a bunch of mates and didn't want to blow the budget.



RUMP
Your lean option – you can see the fat to trim. But if you overcook it your jaw will know about it.



EYE FILLET
Probably the most tender piece of meat. It's expensive because it's fine!

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ACCESSORIES BEFORE THE FAT

Seemingly minor food decisions – like where, when and how fast you eat – can be the culprits behind belly-blubber mayhem

③ THE AUTOPILOT TRANCE

By being more aware of the number of food and drink decisions you make every day, you can become more vigilant about your food choices.

DAILY FOOD AND DRINK DECISIONS

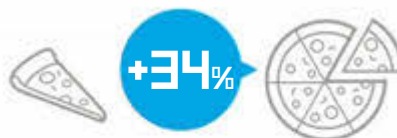


Source: Environment and Behaviour

① THE TELEVISION EFFECT

Eat just two meals a week in front of the TV and you may pack on five kilograms in a year. The reason: the tube's presence can bulk up your kilojoule intake by up to a thousand each time.

PIZZA

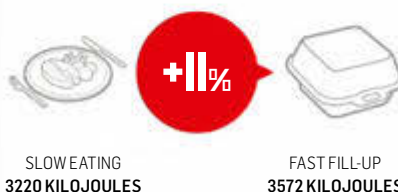


Source: Physiology & Behaviour

④ THE SPEED TRAP

Slow down! If you pound dinner quickly (in nine minutes, say), you'll eat more than guys who are dining at a more relaxed pace (22 minutes).

TIMING EFFECT ON KILOJOULE CONSUMPTION



Source: Journal of the Academy of Nutrition and Dietetics

② THE COMPANION INFLUENCE

When you snack with a buddy, you're likely to consume more biscuits or crackers than you would if you ate with a romantic partner.

RELATIONSHIP EFFECT ON SNACKING

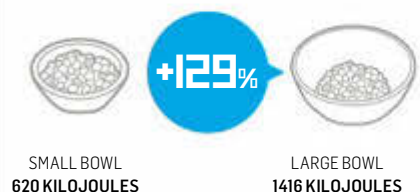


Source: Appetite

⑤ THE SUPERSIZE SABOTEUR

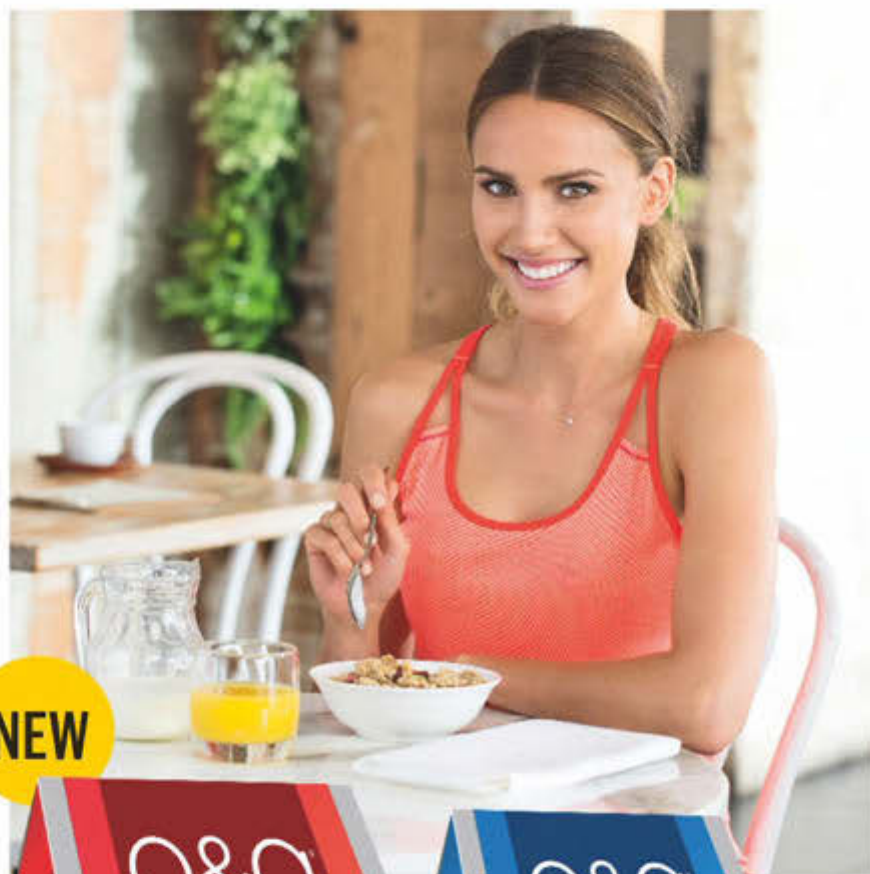
When you eat out of a larger container, you're likely to consume more, even if the actual amount of food is the same in both containers.

SERVING SIZE INFLUENCE ON M&M INTAKE



Source: Appetite

Start your day with crunchy granola!



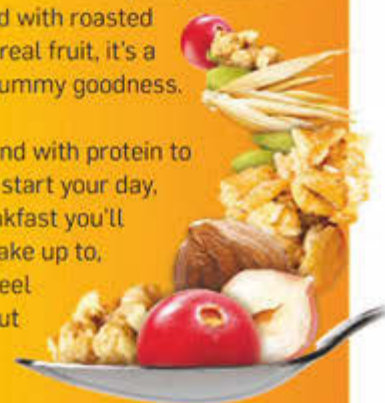
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CALL TO ARMS

Apply eye-catching pressure to your shirtsleeves by targeting your triceps with this can't-fail plan. Devised by *MH* muscle adviser Ray Klerck, it'll have you armed and dangerous in six weeks

GUYS WHO GIVE THEIR BICEPS most of the attention in pursuit of bigger guns are missing a trick. That's because it's your triceps that add more depth and width to your arms, making you look ripped from every angle. They also supply power each time you throw, punch or swing.

Building your triceps the smart way – with medium-rep sets of multiple exercises, as you'll be doing in this workout – will give you an edge both on the sporting field and whenever you're out to impress.

WHAT TO DO

TRI-SET I

Do five sets of eight reps for each move, with no rest between exercises. Take a 45-second breather at the end of each tri-set.

TRI-SET II

Do four sets of 12 reps for each move, again taking a 45-second rest after each tri-set.

* Tack this workout on to the end of your chest session or do it on its own. For the fastest results, do it twice a week, resting for at least two days between sessions.



TRI-SET I

① CLOSE-GRIP DUMBBELL PRESS

- A** Lie on a flat bench holding a dumbbell in each hand, palms facing each other and weights together above your chest. Your arms should be straight.
- B** Lower the weights to your chest, then straighten your arms to the start position.



② PARALLEL-BAR DIPS

- A** Grab the bars of a dip station and lift yourself up so your elbows are straight but not locked. Look ahead, not down, to keep your spine straight.
- B** Keeping your elbows close to your sides, lower yourself until your upper arms are parallel to the floor, then press yourself back up to the start.



③ SITTING TRICEPS EXTENSIONS

- A** Sit holding a dumbbell in each hand, then raise them above your head with your biceps pressed to your ears.
- B** Bend your elbows to lower the weights behind your head. Straighten your arms to push the weights back above your head to the start position. →



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"IT'S YOUR TRICEPS THAT ADD MORE DEPTH AND WIDTH TO YOUR ARMS, MAKING YOU LOOK RIPPED FROM EVERY ANGLE"

Muscle MATTERS



Straight talk on getting ripped from body transformation expert Greg Joujon-Roche (onebodyonelife.com)

PERFECT PRE-WORKOUT NUTRITION

How you fuel yourself depends on what time of day you're lifting. Timing comes down to what works for you, but I can tell you this: *all* my executive clients, all my powerbrokers, all my rich motherfuckers work out first thing in the morning, before their days turn to chaos.

Morning

- Planning for a morning workout starts the night before. That means a simple evening meal of lean protein and vegetables. That's it! No sauces. No salt. No alcohol.
- When you wake up you need 500 millilitres of water next to your bed, and before your feet hit the ground you slam that liquid! You need to hydrate an hour before you train to ensure your muscles are lubricated for action.
- Unless you're truly feeling hungry you don't need much else. Once you're moving iron, your body should be focused on the work, not digestion. A little carbohydrate, from half a banana, or a little caffeine, from a shot of espresso, is all you need.

Afternoon

- Lunch becomes your fuel. It must be clean, with an emphasis on unrefined carbs. You don't want a great hunk of steak. Remember: protein is for repair. It's for afterwards.
- Some people think if they don't have a heap of food in their system their body's going to eat muscle while they train. Look, I love the mindset of wanting everything in place to maximise results, but unless you haven't eaten for four days, your body's not going to burn muscle. Period.
- If you need something immediately pre-workout, then, again, go with the espresso and/or half banana. Now – dip into darkness!

TRI-SET II

① BODY-WEIGHT TRICEPS EXTENSIONS

- Set a bar to waist height. Get into a push-up position with your hands resting shoulder-width apart on the bar. Keep your torso rigid and elbows tucked close to your body.
- Bend your elbows to lower your body so that your head goes beneath the bar. Straighten your arms to return to the starting position. To make it harder, lower the bar and vice versa.



② BENCH DIPS

- Position yourself over a bench, your hands just behind your bum. Your elbows should be locked with your body diagonal to the floor. Place a weight on your lap if you need more resistance.
- Bend your elbows to lower your body while keeping your back straight. Straighten your arms to push yourself back to the start position.



③ PLANK PUSH-UPS

- Assume the plank position, your body forming a straight line from ankles to shoulders.
- Take your right hand and place it where your right elbow was, straighten the elbow, and then straighten your left arm so you're in the push-up position. Lower yourself to the start position and repeat with your left arm.



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THE GETTING OF WISDOM

You've lucked in if you have an old soul like Yoda, Mickey or Mr Miyagi helping you navigate the labyrinth of life

BY DAVID LESER

I was only a small boy when I met the man who would become my closest friend.

I was five and he was 35 and his name was David, too. He was my father's best friend, and although none of us – father, son, best friend – could foresee this at the time, my father was gifting his two Davids the rare prize of a lifelong intergenerational friendship.

From the moment I met David Ashley Wilson I was a cub to his lion. That was when he lifted me onto his knee and began bathing me in all his rapt attention. *Did I like my school? What was my favourite subject? What did I want to be when I grew up? Did I like girls?* ("Ooh yuk," I said. "Give it time," he replied, with a mischievous twinkle in his eye.)

The author Anaïs Nin once wrote that "each friend represents a world in us, a world possibly not born until they arrive, and it is only by this meeting that a new world is born".

A new world was born inside me at that moment and it was a world that now – with hindsight – contained a big idea: that boys need, not just their fathers, but older male role models to navigate their way through life.

Up until his death, David and I shared a lifetime of conversations, in person

and on the telephone, across deserts and oceans and through swamps and bayous, from Sydney, Melbourne, New Orleans, Washington, Jerusalem and Byron Bay, discussing the state of the world and the state of our hearts – mine more than his – exploring all the intellectual and emotional regions that were surprisingly available to two men of such contrasting ages.

"David, it's me," I would say as soon as he picked up the phone.

"Yes, I know," he would say, chuckling with delight.

"How are you?" I would ask.

"I'm fine, but much more importantly, how are you?"

And that was all it would take for the words to come tumbling out.

"This city (Jerusalem) is crazy... I found a church today with an Ethiopian mud-hut village on the roof... just near the Holy Sepulchre, the spot where Christ was crucified."

"Well, that's a good place for a Jewish boy like you to be. Tell me more."

And on and on I would rave... about the clash of politics, creeds and faith, about the last story I'd written, about the haunting beauty of the land and, yes, the women, too.

"Now don't you get yourself into too much trouble," he would say, his voice catching with pleasure. "In any of those holy places."

And there'd be a brief silence before our laughs would collide down the phone line, and then he'd say, "It's so wonderful to hear your voice. I've missed you."

I adored this man – for his humour, intellect, physicality and big, bursting heart. He was an ex-boxer, gardener and tradesman, but he was also a historian and teacher, enthralled by nature and animals, full of wild and wonderful contradictions, so utterly human in his contradictions that he showed me how it was possible to be complete not because of one's strengths, but because of one's weaknesses.

I knew his weaknesses because he confided them to me. I knew how deeply insecure he had been all of his life, how shy and mistrustful of people he was, how his father had beaten him and never, ever let the word "love" pass from his lips – especially in relation to his son – and this despite his father having been a priest with a sizeable congregation in rural Australia.

It was terrible to hear this, but also a perverse kind of relief as well – to →



sense that older men didn't necessarily have the answers; that they, too, carried around inside themselves their own deep, aching wounds.

Two of his favourite words were "humbug" and "delicious" – "humbug" because that's what he thought politicians engaged in most of the time; "delicious" because that was the word that best seemed to describe the book, film or conversation he'd just savoured.

He was never a father figure to me, because I had my own father whom I loved; nor do I think I was ever a son to him, even though he had two daughters but no son. We were just friends, pure and simple. We loved hearing what the other had to say. We cared deeply about what the other felt even when it was irrational, illogical or just plain *humbug*. And my guess is that right from the beginning – all the way till the very end – we were as surprised as the other that this could be so.

"What are you doing talking to an old fella like me?" he would sometimes say, as though the thought of me loving him was a benediction he had never earned, nor could fully grasp. And yet there was virtually no-one I enjoyed talking to more.

I'm not sure what my contemporaries made of this friendship, although envy is a word that comes to mind given that there were few people I knew – then or now – who could speak lovingly about their own fathers. And here I was with a father *and* his best friend – *my best friend, too* – who took pride, and placed great store, in who I was and who I might become.

I think I might have mirrored his example, too, because about 10 years ago the son of one of my oldest friends asked me – out of the blue – if I would be his godfather. Of course I said yes, and of

course this hadn't come out of the blue. It had come from years of caring and inquiring and conversing with him – about school, friends, parents, girls, the latest song he'd learnt on guitar – until we'd found that, much to our own mutual pleasure and surprise, we'd wormed our respective ways into each other's hearts.

It hadn't take much, really, unless you consider the act of noticing someone younger than you an unusual gesture. When the Zulus of South Africa greet one another, they often say: *Sikhona* ("I am here to be seen") and receive in return this immortal utterance: *Sawubona* ("I see you").

How wonderful that we might all see one another – strangers, friends, husbands and wives, mothers and daughters, sons and fathers, older men and younger boys.

Because without even knowing it, I think it's fair to say that David Ashley Wilson helped raise me. Along with my father – and indeed other friends of my father's – he helped me see what Robert Bly, the American poet and author, once observed: "A boy cannot change into a man without the active intervention of older men".

My father's best friend helped show me that true manliness didn't come from getting into fights, bullying, driving cars recklessly, drinking too much or treating sex as a conquest. It came from learning to engage with men like him in an honest, open way. It came from learning respect for elders and for mothers and women in general, and for the community at large. It came from hearing an older man's stories – in this case his triumphs, embarrassments, sorrows, vulnerabilities and hopes.

David hated organised religion and scorned the idea of a deity or higher

TRUE MANHOOD DIDN'T COME FROM GETTING INTO FIGHTS, DRIVING CARS RECKLESSLY, DRINKING TOO MUCH OR TREATING SEX AS A CONQUEST

power, but he would always sign off his phone conversations: "God bless you".

And so, in the last week of his life, I flew to Sydney for one last communion with my oldest friend. The young boy was now 53 and the old man was 84, shrunken and soured by the great crossing he was about to take.

"You know what today is, don't you?" he asked feebly as I entered his bedroom in the nursing home.

"No, what day is that?" I replied.

"It's the day I die."

"Are you ready for this?" I said, taking his hand and stroking his forehead.

"Yes, I am," he replied.

"Is there anything I can get you? Anything you need?"

"You've done that," he said. "My last wish was to see you."

I couldn't – nor did I try to – control my tears.

"You know how much I've always loved you," I said.

"You have been one of the great blessings of my life," he replied. "Do you know that?"

Yes, I knew that.

"I have to say goodbye now," he said.

"I want you to promise me you will look after yourself."

"Yes, I will. I promise I will, David," as I stood up to leave. "Goodbye, David."

He died the next evening, and this young cub will never be able to thank the old lion enough.

Waltley Award-winning journalist David Leser's seventh book, *To Begin To Know: Walking in the Shadows of My Father*, is out now.

GOOD FOR THE SOLE

Stand up for your feet with Scholl Gel Activ™ Insoles for all-day comfort and support.

Our feet can do a lot of travelling in a day and when you add exercise to the mix, they're really working hard. Fortunately, you can take action with Scholl Gel Activ™ Insoles. The range includes Scholl Gel Activ™ Sport that provides strong arch support and impact cushioning to absorb shocks and reduce the pressure of running and other exercise, to keep your feet feeling unbelievably comfortable, like you're walking on a gel cloud.



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THE GEL
COMFORT
SENSATION
THAT KEEPS
YOU GOING



HOW TO DO EVERYTHING FASTER

TIME IS YOUR MOST VALUABLE ASSET, AND IT'S UNDER ASSAULT EVERY SECOND OF EVERY DAY FROM YOUR BOSS, YOUR MATES AND YOUR OWN BODY. IT'S TIME TO STRIKE BACK

EDITED BY MIKE DARLING

ILLUSTRATIONS BY TAVIS COBURN





HE FLASH. IRON MAN. SUPERMAN. SILVER SURFER.

It's no coincidence that some of the most popular superheroes – the ones kids dream of being – are also the fastest. Speed is power, their stories teach us. And you don't need to be equipped with a remote-controlled Mark XLII exoskeleton to appreciate why. When you take action without hesitation, you're better equipped to pull your boss's arse out of the fire, sweep a beauty off her feet or shake off the side-effects of those tequila shots your knucklehead mate ordered at closing time last night. And these days, such skills are critical – because you don't have a minute to waste. "We're more starved for time than ever before," says Dr Jan Yager, author of *Work Less, Do More*. "Even with all the apps and services designed to help us save time, people are feeling pressured to do more and more with fewer resources." The Flash may not rush to your rescue, but thankfully, our army of experts can help. Read on and prepare to speed past your problems.

QUICK HITS ▶ ASSEMBLE IKEA FURNITURE Stick all the screws to a magnet before you start and you won't have to play pick-up when they spill.
▶ COOK ANY MEAL Lay out all the ingredients before firing up the stove, and do the dishes whenever there's downtime.



SLIP OUT OF A PARTY

SCORE POINTS FOR SHOWING UP – THEN MAKE A BREAK FOR IT

Preset an Excuse

Tell the host you have a competing commitment when you RSVP, says Jacqueline Whitmore, of the Protocol School.

Take the Scenic Route

Show up about 30 minutes after the party starts, unless it's a sit-down dinner. Most guests will have arrived by then and you'll be seen.

Pull a Disappearing Act

At larger gatherings, you can simply "ghost" – leave without saying goodbye – as long as you thank the host the next day, says Patricia Rossi, author of *Everyday Etiquette*.

KEEP MOVING IN A CROWD

When a sea of humanity stands between point A and point B, try one of these shortcuts from Paul Townsend, of Crowd Dynamics International



1 Play Land Shark

Raise your hand above your head as if you're going to karate-chop something, and hold it there as you walk. When people see your "fin" they'll be more inclined to get out of the way.

3 Ride the Shoulder

Most people stick to the middle. They think it gives them a choice of which way to go. But you are not like most people. You're decisive – and you've decided to stay on the left or right.

2 Head into Traffic

People in crowds are never evenly spread out. You can always find patches of open space available. Set a course through these areas, even if that course ends up being circuitous.

4 Make for the Gap

When people avoid obstructions, they leave a "wake" in the crowd. These are your openings – capitalise on them. Just avoid walking into that pillar or post.



WIN MONOPOLY

Buy the "oranges". These properties are valuable because they're a little past jail, says Monopoly champ Ken Koury. In other words, they get landed on often: "If someone rolls a 6, 8 or 9 after being in jail, they'll owe you."



● **EXIT A ONE-NIGHT STAND**

Think ahead: mention a morning appointment before the romp, says dating coach DeAnna Lorraine. Afterwards, ask her if you can set your phone alarm. In the morning, cuddle for a few minutes before going so you don't look like a total dick. →



CLEAN A MANKY MUTT

Rex been playing in something nasty? Mix a 50/50 solution of apple-cider vinegar and water in a clean spray bottle. Spray this on a microfibre cloth and wipe your ponging pet down, avoiding his eyes and ears. Then sprinkle him with baking soda to neutralise the vinegar smell. Give him a brush to remove most of the baking soda then wash as normal with pet shampoo, being sure to dry him thoroughly.



**STOP
BLEEDING IN
60 SECONDS!**

STAUNCH A SHAVING CUT

Apply ice to the area for 15-30 seconds to slow the bleeding. Then dab on a bit of ground black pepper, which has coagulating properties, says Craig Whitely, owner of The Grooming Concierge.



PUT A TODDLER TO BED

PSYCHOLOGIST
DR JODI MINDELL
HELPS LIGHTS-OUT GO
MORE SMOOTHLY

60 Minutes Before

Go over the bedtime rituals with your kid, noting everything that will happen – brush your teeth, put on your pyjamas and so on. Toddlers are like little lawyers, so be specific: “read two books”, not “read books”.

20 Minutes Before

Start going down your list. Make a game out of each item: “Should we go upstairs loud like an elephant or quiet like a mouse?” Or set an egg timer and have a race to see who can put their pyjamas on faster.

40 Minutes Before

Turn off all backlit devices. The light suppresses melatonin, keeping both of you awake. Instead, start playing. It doesn’t have to be quiet. A little active play could tire the tot out faster than any lullaby.

2 Minutes Before

Give the two-minute warning. Most kids don’t understand times longer than this. Use familiar bedtime cues: draw the curtain and turn on the nightlight. And consider using a white-noise machine.

QUICK HITS ► **LOCATE IMPORTANT EMAILS** For vital details when travelling, like confirmation codes, screen-grab the message. It’ll be easier to spot in your photo gallery than in your inbox. ► **PLOUGH THROUGH A WALKING DEAD EPISODE** Most DVRs have a hidden ad-skipping feature that will fast-forward 30 seconds with the press of a button. Find it. Enable it.

CLEAN UP AFTER A BIG PARTY

Aaron Kleinle, vice-president of Catering Ops for the Garces Group, returns your space to spotless within minutes of the last guest waving goodbye



**RESET YOUR
HOME IN 1
HOUR!**

Give Parting Gifts

Send everything you can out the door – including food you won’t eat and decorations you won’t reuse. The more that leaves, the less you’ll have to put away.

Hunt and Gather

Own a wheeled esky? Working towards the kitchen, fill it with similar items – all the dirty glasses, say. Then you can wash the stuff more efficiently.

Wrap It Up (as shown above)

- 1 With everything but the rubbish cleared, push paper napkins, crumbs, glitter and other debris to the centre of the tablecloths.
- 2 Bundle each tablecloth up like a Santa sack and carry it to the rubbish bin.
- 3 Empty the contents and toss the cloth into the dirty-washing hamper. Now pour yourself a big glass of water.



PACK FOR A MOVE

DAN FOX, A REMOVALIST FOR MORE THAN 40 YEARS, TELLS YOU HOW TO THINK INSIDE THE BOX

Hit the Sealing

Each box needs just four tape strips – two to seal the bottom and top flaps shut, and two to go across the flaps. Save tape and time.

Don't Top it Off

When a box reaches maximum weight, pack the space with crumpled newspaper and move on – don’t look for things to fill it.

Pack Mentality

Don’t waste time removing your clothes from drawers – just remove the drawers, cover them up, and haul them off individually. →

LOOK YOUNGER

Mess up your hair. Rub a dab of styling cream between your hands and apply it from the crown out for a youthful, unstudied vibe. Thinning hair? Try clipping it close or shaving it off – that’ll keep people guessing your DOB.

NAVIGATE YOUR PHONE

Most people don't use voice commands as often as they could, says Yahoo! tech founder David Pogue. Saying "Call Chris at the office" is a lot speedier than scrolling through your contacts.



PAINT A ROOM

BRUSH UP ON YOUR HOME IMPROVEMENT WITH TIPS FROM PAINT SPECIALIST JUSTIN BROWN

Make a Colour Run

Tough colours to cover (like red) might require primer and multiple coats. Instead, go with the same colour in a flat finish – you should get away with one coat. Also, use a brush you don't mind trashing.

Brush Up

Using a paintbrush and step ladder, paint a line seven centimetres wide in the corners, around all the trim work, and along the top edge of the walls where they meet the ceiling – anywhere your roller won't fit.

Drop Everything

Push furniture into the centre of the room and cover it with plastic. Then lay drop cloths in a metre-wide line around the perimeter. Now you can paint away without stopping to wipe up any roller splatters.

Roll with It

An extension pole is a godsend that lengthens your reach, cutting down on ladder time. Use it to work quickly around the room in one direction. No need to overdo it – working faster is actually better.

QUICK HITS ► REMOVE LINT AT WORK Slide your hand into a shipping label pouch, peel off the paper side, and pat. **► COOL DOWN AFTER A WORKOUT** **► HEAL A BLACK EYE** Apply a wet tea bag to the area. A chemical inside (epigallocatechin gallate) has anti-inflammatory properties, and the caffeine will

FOLD A FITTED SHEET

Stow linen faster, thanks to home décor specialist Vanessa Holden



DEFEAT THE SHEET IN SECONDS!

► **1** Hold the sheet up with each hand inside a corner. ► **2** Tuck one corner inside the other. Bring the other two corners into the same spot. Now straighten the folds at the bottom. ► **3** Lay the sheet flat, fold the elastic ends inward, then fold to your desired size. ► **4** Figure out what you're going to do with the extra space in your closet.



SHAKE OFF A HANGOVER

**DR JASON BURKE
EXPLAINS HOW TO
CLEAR YOUR HEAD
IN A HURRY**

Stop Drinking

But don't go to sleep right away – that'll slow your metabolism. Stay up for a half hour to whip up and devour a cheese omelette. It's high in cysteine, an amino acid that can help your body detox.

Take Your Medicine

After your omelette, pop 200 milligrams of ibuprofen. This will help alleviate inflammation, a major cause of hangover agony. Avoid paracetamol – it stresses your liver.

Head, Meet Pillow

Hit the sack now, but don't try to sleep off the damage. For the same reason you stayed up an extra 30 minutes, you're going to set your alarm to sound eight hours from now.

Pour a Tall One

In the morning, rehydrate with Hydralyte. And have some fries and bacon to replenish your sodium. Avoid the hair of the dog – you're only delaying the inevitable.



DEFUSE A FIGHT

THERAPIST DON COLE HELPS YOU MAKE PEACE AT WARP SPEED

Call a Code Blue

... or any other predesignated safe word to signal a 30-minute timeout. The first step is getting both of you to a calmer place.

Snuff Your Fuse

Set your phone alarm for 25 minutes and use that time to distract yourself with something you enjoy doing, like watching sports highlights or going for a jog.

Be the Bigger Man

Spend five minutes of your timeout thinking about how you can be the first to take a little responsibility. Now it's her turn.



INCINERATE KILOJOULES

Burpees and lunges with a twist will bring on a big-time burn, says trainer Jonathan Amato. Do 40 seconds of burpees, rest for 20 seconds, then do 40 seconds of lunges, rotating your torso 90° in the direction of your forward leg at the bottom of the move. Rest for 20 seconds. Repeat for eight minutes, then rest for one minute. Now do another set. Twenty minutes can last a long time, can't it?

Submerge your hands in ice water. Your hands' blood vessels are tightly packed and the cooler blood will quickly circulate to the rest of your body, shrink the nearby blood vessels. ► **SEPARATE EGG YOLKS** Gently squeeze an empty plastic bottle and hold it over the egg. Carefully suck up the yolk.

STAGE A SUCCESSFUL BREAK-IN

Well-worn comfort normally takes months to achieve. You can do it in a day.

	A PAIR OF JEANS	A CAP
START HERE	Avoid loose-fitting denim. Tight jeans will break in faster because of the constant friction with your skin when you move. In fact, the more frequently you wear them, the better.	Put the cap on and curve the brim to the shape of your head – that'll give it the most fitted look. Now wear it for an entire day so it moulds to your head, reducing air pockets.
DO THIS NEXT	Fill a couple of nylon stockings with 280 grams each of fresh coffee grounds, then set them aside in a 20-litre bucket until later, when you change out of those jeans	At the end of the day, curve the brim into a coffee mug or large drinking glass and leave it in there overnight. Then, when you remove it the next day, it'll look more worn in.
FINISH IT OFF	Pour hot water over the stockings until the bucket is three-quarters full. Add your jeans and let them brew for 20 minutes. Rinse in lukewarm water.	Throw the cap in the washing machine (or have it dry-cleaned). That'll soften the material, allowing it to be easily shaped.
	– ERIC SCHMIDT, DIRECTOR OF OPERATIONS, DENIM THERAPY	– JOSH REED, FOUNDER/CEO, GENTS



SHOW A GUEST THE EXIT

PSYCHOLOGIST DR ELLEN HENDRIKSEN ON GIVING GUESTS THE BOOT

When a guest won't take the hint, use non-verbal cues to convey that the party's over: turn off the music, switch on the lights and start washing the dishes. Unfortunately, even these moves may be too subtle for someone who's had a few too many, in which case, ask (politely) how he or she is getting home. Call a taxi – or better yet, co-ordinate with a friend for a lift. If that doesn't do it, be direct, but use a hint of humour. Hendriksen suggests phrases like "Okay, I'm kicking you out" or "I will now be your bouncer for the evening". Say it with a smile, and promise future plans as the door's closing. ✕



THE



Could internet porn be ruining your sex life? Does a high volume of virtual vixens have the capacity to rewire your brain? Our writer sifted through the digital dirt to discover the true impact of online porn →

By Jesse Fink



RM

ULTIMATUM



Susanne Montag appeared on the covers of two issues of German *Playboy* in 1985 and – in all her golden-tanned, busty, Teutonic magnificence – was the first completely naked woman I ever saw inside the pages of a magazine. Our encounter that year, she in print, me with my school shorts around my ankles, was our first and last.

Although we were never to meet in person, Susanne has imprinted herself in my psyche for all time, producing my first orgasm. There have been many more of those since, of course, but you never forget your first. Unlike Foxy, Lela, Ginger, Autumn, Nadia, Jada and the thousands of other instantly forgettable women who make up the bewildering zoetrope of body parts found in even the most cursory search of internet porn.

I'm 42 now, and grew up when porn was far more innocent – and much harder to obtain. When I was in year 7 at my high school in Sydney's inner west, a kid called Dennis sold porn and Wizz Fizz out of his locker. He did a roaring trade in both items because it was all so illicit.

Men in their twenties and thirties, however, have never known anything other than porn that is instantly accessible and, for the most part, free. A 2012 online study by the University of Sydney into porn viewing found 43 per cent of respondents' first exposure to porn was between the ages of 11 and 13, with 47 per cent spending between half an hour and three hours a day watching porn.

They have grown up with things that I could barely have conceived back when I was a kid. As a result their expectations are different. But that's to be expected: it's evolution.

In 2015, though, there are so many options on what to whack off to that it's difficult to know where to begin. All those sites, all those pop-up windows leading you to dingy sets you didn't want to go to in the first place. We're being bombarded with porn.

It's also true that the more you surrender to the lure of porn, the more dislocated from reality you become. A couple of years back, Joseph Gordon-Levitt wrote, directed and starred in

Don Jon, playing a young man who preferred jerking off to pornography to sleeping with real women. In the movie, startlingly, he had Scarlett Johansson as a girlfriend and still preferred porn. This is not some dystopian scenario or doomsday vision of society's sexual future. It's very real and it's happening now. According to the University of Sydney study, one in five men prefer watching porn to experiencing real physical relations. I should know. I've lived some of the script of *Don Jon* myself.

For a decade I was emotionally and sexually satisfied in my first marriage. But the relationship ended unexpectedly due to an affair – hers. As a coping mechanism for my grief, I commenced a casual sex/online dating bender that lasted many years. When I wasn't having sex with women, I regularly used porn and soon had settled on a roster of go-to favourites: Puma Swede, Rocki Roads, Holly Halston. They had the kind of bodies and rapacious sexual appetites to meet my aesthetic needs, even if the nature of our exchanges were virtual and unsatisfyingly artificial.

My use of porn was never a problem to the point where it began interfering with my work or my responsibilities. But at times, I recall a distinct feeling of not wanting to go out at night or to meet friends. And that was a problem.

Porn is compulsive, private, accessible and widely free – why did I need to leave the comfort of my own home to pick up a woman when I could masturbate to a tight-bodied, plastic-surgery-enhanced porn star and likely have a more fulfilling orgasm than I would with some less-than-physically-perfect but eager woman I'd met at a local bar?

In real life I found myself attracted to partners who could approximate what I was seeing in porn. I was drawn to narrow-waisted, big-breasted women. If a girl wasn't sexually adventurous, I'd stop seeing her. Not all the positions I'd learned from PornHub or RedTube were welcomed in the bedroom. When I logged on to my computer, I'd frequently type in "gangbang" or "DP", even though group sex is not something I'd ever want to do or be involved in.

That's what porn does. As much as it can be a healthy way of broadening sexual horizons and generating sexual ideas, it can also diminish what makes sex truly great – and that's feelings.

There are very few emotions on show in porn and most erotica that purports to be "intimate porn" or "art porn" is manufactured for the camera.

Porn also made me less tolerant of imperfection and less patient in the art of seduction. My expectations of the physical attributes of women were raised by porn. I became much more judgmental. I briefly dated a TV star who was beautiful, bright and intelligent, but her body wasn't porn-worthy enough to sustain my interest. So, stupidly, I dumped her. Instead, I found a friend-with-benefits who had a high libido, a porn-star physique and, unfortunately, not much to say. The relationship was purely sexual. Online, as well as in real life, I was demanding instant gratification. Porn was having a direct impact on the way I thought and the way I valued women.

It's a dangerous mindset that infects many men who log on to get off, and can lead to problems managing sexual desires or urges.

Gary*, an accountant in his fifties from the Hills District of north-west Sydney, has a love-hate relationship with porn. Recently diagnosed with depression, he separated from his wife of 30 years and quickly managed to find a new girlfriend despite his personal troubles. But a twice-a-day online porn habit has cast a long, dark shadow over his relationships. Gary believes porn is changing the way men and women interact.

"Porn put too much pressure on my relationships," he admits. "There's too much expectation on our wives or partners to perform like porn stars in the bedroom."

His experience is mirrored across generational lines. Lachlan*, a 24-year-old fitness instructor from Melbourne's Frankston, started watching porn at 14. "I've often struggled with the emptiness and depression that accompanies my experiences with it," he says.

It's both the pressure of meeting unrealistic standards and the spiritual barrenness evident in Gary's and Lachlan's experience of porn (and to some degree in my own) that has led to a boiling moral panic over porn use, spawning groups like "NoFap"® (registered trademark, no less), a global movement of men (and increasing numbers of women) abstaining from masturbation and pornography and sharing their sometimes difficult progress with one another online. The group's slogan is "Get a Grip on Life". Critics might say, "Get a grip on reality!" but at the time

CONTROL THE CLICK

Dr David Ley's 5 tips for using porn responsibly



1

View porn as entertainment, not as education.

2

Porn should be one aspect of your sex life. If it becomes all of it, then it may be too much.

3

Let porn inspire your sex fantasies, but don't let it direct them.

4

Porn can be a great stress reliever, but it can't be your only one.

5

Be mindful of when, how, what and where you use porn. If your porn use is on autopilot, you're in trouble.

of writing there were over 140,000 dedicated "Fapstronauts".

Then there are sites such as *FightTheNewDrug.org* and *YourBrainOnPorn.com*, the latter gravely warning visitors, "Evolution has not prepared your brain for today's internet porn". There may be some truth in that. I haven't been able to erase from my mind some of the things I've seen in 10 years of casually watching online porn, especially some stuff coming out of Eastern Europe.

So how exactly, then, does porn affect our brains, sex drive and performance, as well as our expectations of real women? Is the hysteria justified? Or like the panic over masturbation a century ago, is the feverish debate about internet porn a tad, ahem, overblown?

Right now, across the world, there are millions of men out there furiously spanking the monkey in one big dopamine mushroom cloud. What we want is instantly available, whenever we want it, with no requirement for picking up the bill at dinner or the awkward post-coital chat in bed with or without a cigarette.

"Internet pornography represents a major change in modern sexuality," says Dr David Ley, a clinical psychologist, regular contributor to *Psychology Today* and author of *The Myth of Sex Addiction*. "For perhaps the first time in history, people have access to a greater range of sexual stimulation than ever before, and can now select and seek out material that is stimulating to them – not just what society tells them they should find appealing or attractive."

In other words, tailor-made orgasms for every kink

and fetish under the sun. Is it any surprise, then, that there has been a huge increase in the amount of men – around 70 per cent according to another University of Sydney study – using porn? Perhaps the larger question is whether the vast panoply of porn-viewing options is contributing to a continental shift in our brain chemistry and an epidemic of erectile dysfunction (ED), as some anti-porn crusaders would have us believe.

On the weight of current evidence, the answer is no. A man's physical response to porn – faster heart rate, increased bloodflow, erection – is preceded by a deeper neurological process. But while scientists have attempted to capture this process through brain scans, results have varied widely.

Certainly, pornographic images appear to activate a man's visual system more than, say, looking at trees or even other people. "It's almost like a high-definition signal compared with a standard signal," says Dr William Struthers, a biopsychologist and author of *Wired For Intimacy*. Once this signal – say two lesbians making out on a couch – hits your antenna, the mesolimbic (reward) system kicks in, producing a rush of feel-good dopamine. Just as it does when you bite into a Mars Bar, jump from a plane or, yes, snort a line of cocaine.

"Porn looks like other rewards; like eating chocolate or watching puppies play," explains Ley, who contends men's neurological response to porn is the same as any other reward that activates a dopamine rush. "There's absolutely no evidence that shows that porn has a disparate effect on the brain compared to any other form of entertainment." Broken down like this, objections to porn use begin to look moral rather than medical. →



Kim Kardashian
The most searched
"porn" star
Source: PornHub

Ley cites a 2014 Cambridge University study, in which 19 heavy pornography users had MRI scans when viewing both sexually explicit videos and sports videos. They found that when men watched the sex videos there was increased activity in three parts of the brain – the ventral striatum, dorsal anterior cingulate and amygdala – which, according to the study's findings, are “regions that are also particularly activated in drug addicts when shown drug stimuli”. But, crucially, the research didn’t “necessarily provide evidence that these individuals are addicted to porn – or that porn is inherently addictive”.

“People who like sex, who like sensation-seeking, stimulation and taboo, use more porn and may have different brain structures than people who do not,” argues Ley. Not because of the porn, he adds, but because of the people – because of who they are and what they enjoy.

It’s a conclusion that rings true for me, having been publicly labelled a “sex addict” when I released a memoir in 2012, *Laid Bare*, detailing some of my sexual experiences after my divorce. I was never a sex addict. I just had a lot of sex – and I enjoyed it.

It’s true, however, that it’s not only who you

are that determines your porn use, but your frame of mind. In that sense, porn may be the most unlikely of psychological salves, says Ley.

“People often blame porn for their depression or their anxiety when, in fact, many men use it to cope with their depression or anxiety from loneliness, often due to divorce or work problems,” he says.

It certainly worked for me. Porn was a way of filling time, a way of coping with the bitter loneliness I experienced after my separation and divorce.

It worked for Gary, too, who used it as a pick-me-up when there was nothing, and nobody, to turn to. “It improved my libido after it hit rock bottom during the worst days of my depression,” he says.

It’s a common story among professionals working in the field of sexual therapy and relationship counselling. Porn can provide a psychological buffer against the darkest of emotions. “It’s a creative response to low mood, much like exercising is a great way to lift your mood,” says Sydney relationships counsellor Clinton Power.

Of course, you can lean on that buffer too often. “Porn can become a compulsive behaviour just like overeating or gambling, which people use to cope with

One in five men prefer watching porn to experiencing real physical relations

negative emotions,” says Victoria Kasunic, a psychologist and media presenter.

The question is, what happens then? Well, you won’t go blind – even today’s most virulent anti-porn campaigners concede that. But will you lose your edge in the bedroom? Will you go blunt?

It’s true, eat too many Mars Bars and you’ll get fat. And even Tony Montana might concede (in hindsight, of course) that there are limits to how much cocaine you can snort before you start believing “the world is yours”. But can too much porn use really lead to ED, as so many Fapstronauts claim?

Research recently published by Dr Nicole Prause, an associate research scientist at the University of California, Los Angeles, has looked into the correlation, if any, between high levels of porn use and ED. Her paper, “Viewing Sexual Stimuli Associated with Greater Sexual Responsiveness, Not Erectile



10 minutes
The average duration
of visits to porn sites
Source: PornHub



82 per cent
Percentage of visitors
to porn sites who
are male
Source: PornHub

Dysfunction", co-authored with Dr James Pfaus of Montreal's Concordia University, is the first study of its kind to test whether the volume of erotica viewed is related to erectile malfunctioning.

The findings? "We only found evidence for the opposite," insists Prause. "More erotica viewing was associated with a stronger experience of sexual arousal when viewing sexual films and unrelated to erectile problems with partners." In other words, the more you watch, the harder you come.

The outcomes of Prause's research dovetails neatly with Gary's and Lachlan's experiences. "Yep, porn enhanced my libido, if anything," says Gary. "I think there are different uses for it. Personally I used it as a 'rediscovery' aid." Lachlan concurs: "Porn can often boost my libido because I'm a very visual person sexually. I like to see things; I like to hear things."

So does abstaining from porn have the potential to "reboot" sexual desire? Most experts believe not, although Power is open to the idea of abstinence as a way to rebalance your sexual and emotional equilibrium. It's a chance for a man to "pay attention to the quality of his life and relationships and make a

decision for himself if he wants to re-introduce porn into his life after such a period", he says.

What, then, of your expectations of "real women"? Can abstaining from masturbating to porn increase your sensitivity to and appreciation of real, flesh-and-blood women?

"Studies in the past found that men and women tended to be more negative about their partner's appearance and relationship satisfaction after viewing sexual films," concedes Prause. More recently, she adds, people seem to be becoming more realistic about the way sexual films reflect stylised, non-real sex. "Data shows that couples who view sexual films together have increases in both negative and positive feelings about their partner and relationship." Not exactly a cause for panic, is it?

Which is not to downplay some of the seediness and degradation found in contemporary pornography. Watching some of the free clips found on Pornhub, RedTube and other sexually explicit aggregator websites can be an unsettling experience for anyone who was raised thinking good ol' missionary is the standby position for a Saturday-night encounter. It's a brave new world of sex out there – and sometimes a dark one.

So what's your move if you still think your porn viewing is becoming a problem?

"It's a matter of balance," says Kasunic. "You need to work out whether a behaviour is creating

a negative impact on your life, relationships, beliefs about yourself. Then you need to look at how you want to tackle this."

It also depends what your goal is. If partner problems are the central issue, Ley says, many couples' therapy approaches are very targeted, time-limited, and shown by science to work. And if you still can't get a hard-on or your libido is not quite where it needs to be, Ley suggests looking upon the problem as an opportunity for creativity. Hey, it could be a blessing in disguise.

"I tell men that if they're having erectile difficulties, and there aren't physiological reasons, then they may have been given a gift," says Ley. "Now is the time to explore lots of other, non-erection-focused behaviours. Or, as my wife says, 'Don't these guys have tongues and fingers?'"

In the end, how you handle porn comes down to what you're comfortable with. I haven't had to book a spot of transcranial magnetic stimulation (Ley offers this as a treatment to manage sexual urges) because I long ago recalibrated my own affair with porn.

I've found another outlet for my time and energy – my mental and physical health, my family, and my work. Idle or anxious minds aren't a good mix with porn. But a little bit isn't so bad and I still enjoy it when I'm not in a relationship. Just as a piece of chocolate and glass of wine after a long day in the office isn't so bad either.

** Some names and personal details have been changed*



You can follow
Dr David Ley on Twitter
@DrDavidLey

Dr Nicole Prause
@NicolePrause

Clinton Power
@SydneyTherapist

Victoria Kasunic
@victoriakasunic

Are you in control of your porn habit? Take our test

1 How long can you go without porn?

- ☐ A How long does James Deen go? Taking a snack break and getting back to it.
- ☐ B Until I feel aroused again and I don't have a better offer – from a woman.
- ☐ C I'm too busy watching ABC News 24 to even think about sex right now.

2 What are Brazzers, Pure Mature and Naughty America?

- ☐ A Bookmarks in my Safari browser.
- ☐ B Porn websites.
- ☐ C Pauly Shore movies.

3 DP stands for?

- ☐ A Double? Triple!
- ☐ B Double penetration.
- ☐ C The display picture on my desktop.

4 Lastly, bukkake ...

- ☐ A Time well spent with my mates.
- ☐ B A curious sexual act originating in Japan.
- ☐ C Dipping sauce for sushi.

KEY

Mostly As
Dude, perhaps lay off the porn a bit and go for a run. It's a beautiful day outside.

Mostly Bs
You enjoy porn in moderation and have a completely normal degree of sexual awareness.

Mostly Cs
No one said you had to be a monk. Enjoy yourself.



MAXIMISE YOUR MUSCLES WITH MILK

A natural source of key nutrients that assist muscle growth and recovery, milk is the ultimate post-exercise drink.

Remember when there wasn't a more delicious after-school treat than a big, cool glass of chocolate milk? Now you can bring back the milk and enjoy it as a great-tasting post-workout drink. Elite athletes (and their nutritionists) know the edge chocolate milk can bring to a training plan, and it's time you tapped into this trick of the trade. Make it part of your healthy-eating plan to maximise the results of your hard work and sweat.

JUST HAD AN EPIC GYM SESSION?

Grab a glass of milk. Only milk has the natural combination of proteins shown to help repair and build muscle. Delicious and inexpensive, milk naturally contains a unique combination of nutrients that can help you meet your training goals. Grab a bottle from your local supermarket or convenience store for an excellent post-workout choice. Drink up!

When you exercise, you work your body hard. Make sure you reap full benefits and give your body the fuel it needs to recover with a well-deserved, post-exercise glass of milk. And if you really want to boost your results, make it chocolate milk. It contains the ultimate combo of nutrients for recovery. It can help you:

- 1 REHYDRATE** Milk contains potassium, helping you to stay hydrated.
- 2 REFUEL** Chocolate milk contains carbohydrates, to give your body the energy it needs to refuel.
- 3 REPAIR** Milk contains proteins that can help repair damaged muscle tissue and promote lean muscle growth and adaptation.



Substitute your sports drink with a glass of milk for added muscle-building protein.

**IDEAL COMBINATION
OF PROTEIN + CARBS +
FLUID + ELECTROLYTES =
CHOCOLATE MILK**

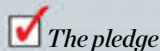
LEGENDAIRY
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PLEDGE TO ERADICATE YOUR LOVE HANDLES
BEFORE WINTER WITH TWO MONTHS'
WORTH OF CAST-IRON FAT-BURNERS →

Words: Jon Axworthy

Illustrations: George Myers



The pledge

Over the next two months, I _____ swear to fight fat on the beaches, at home and on the gym floor. Over the next 62 days, I will tick off the following...

1 SLEEP ON MY SIDE

The Sleep Assessment and Advisory Service says that other positions interrupt your breathing. This wrecks your shuteye and puts 1317 more food kilojoules in your supermarket basket the next day.

Dr Colin Chapman, of Uppsala University, says lack of sleep makes you, "less capable of self-control, leading to impulsive, kilojoule-driven purchases". Warning: doona tugs-of-war also sabotage sleep.



2 BE VAGUE ABOUT MY WEIGHT-LOSS TARGET

When establishing your goal, think of the number of kilograms you want to lose, then subtract two. Giving yourself a range for weight loss keeps up your motivation when you step on the scales for your daily weigh-in, found the *Journal of Consumer Research*. Broadening your goal also makes you more likely to hit your target.



3 EAT MINDFULLY

Load up on snacks that take a bit of effort to eat, such as pistachios in shells, unpitted olives or reluctantly deskinced oranges. "Foods that need to be shelled or peeled curb the autopilot eating that leads to massive kilojoule consumption," says Caroline Farrell, from the Institute for Optimum Nutrition.



4 CRACK SOME EGGS

Research shows that people who eat eggs in the morning lose 65 per cent more weight than those who scoff a bread-based breakfast with the same number of kilojoules. An omelette with two eggs and cheese "utilises the protein and calcium to increase satiety for the day", says nutrition consultant Drew Price.



5 MUNCH ON MUESLI

A high-protein, high-fibre breakfast can help you drop fat fast. A good muesli combines both. A review in the *Journal of Nutrition* found people who eat more fibre, particularly in their cereal, are more likely to weigh less and have a lower waist circumference. Try Uncle Tobys O&G. It packs in more than five grams of protein and 3g of fibre per suggested serving.



6 PLAY IT COOL

Researchers at Brunel University have discovered your workout playlist is most effective if it makes keeping time difficult. "Jazz creates interference between your body and brain, blocking out the sensations of fatigue," says David Lee Priest, a biopsychologist at the University of East Anglia. Ungroovy as that may sound, it means you'll burn more kilojoules each session, daddy-o.



BE PREPARED

A study from Harpers Fitness found that men spend 21 minutes of every hour on the gym floor fiddling with their MP3 player and talking to fellow fitness fiends instead of working out. That's more than 800 kilojoules that could have been burned on the exercise bike. Make sure your playlist is on before you leave the changing room.



8 SCENT OUT THE APPEAL OF AN ORANGE

Just the sight and smell of healthy foods can improve your self-discipline. "Smelling an orange reduces the amount of kilojoules eaten by subjects by more than half," says Nicola Buckland, a researcher at the University of Leeds. "Just looking at a picture of healthy foodstuffs had a similar effect."

9 EAT AN APPLE JUST FOR STARTERS

Apples have been found to produce a hormone called GLP-1 in the body, which turns off hunger alerts in your brain. Researchers from the University of Iowa discovered that participants in a study ate 15 per cent fewer kilojoules after chomping on the fruit before they consumed their biggest meal of the day.

10 LIVE BY THE LIST

It doesn't matter whether it's on your browser or your phone, but ticking off your food shop on a list helps you lose 0.68kg every month, according to a study at Monash University. "A predetermined list commits you to buy only the foods on that list," says lead researcher Dr Nicole Au. Note: this falls apart if a family pack of triple-cheese corn chips is on there.

11 EXERCISE ON EMPTY ONCE A WEEK

"When you wake up in the morning your body is depleted of carbs," says conditioning coach Rob Blair. "Cardio will cause your body to raid its fat stores to get the energy necessary for 30 minutes on the rower." A "cardio-fast" session like this equates to just over 1200kJ.

12 DRINK GIRLY TEA IN THE AFTERNOON

If your end-of-the-week treat is usually doughnut-shaped, a fruity brew at 3pm will boost your willpower. This is when your blood sugar slumps and leaves you vulnerable to treats, but the tea will save you from the clutches of a Tim Tam ... or five.



13-22

Your Food Swaps

LOCK IT IN

KNOCK IT OUT

Sanitarium Weet-Bix 45g 671kJ	Sanitarium Weet-Bix Bites Rough Crumble 45g 747kJ
Burgen Wholemeal & Seeds Weight Management 2 slices 847kJ	Burgen Bread Sunflower & Chia Seeds 2 slices 1032kJ
Hungry Jack's Grilled Chicken Classic 1540kJ	Hungry Jack's Whopper 2952kJ
McCain Sweet Potato Superfries 125g 656kJ	McCain Superfries Shoestring 125g 896kJ
Slim Secrets 45g 662kJ	Thins potato chips 45g 959kJ
Nando's Supremo Chicken Wrap 1211kJ	Nando's Supremo Chicken Burger 1818kJ
Domino's BBQ Chicken & Bacon 696kJ per slice	Domino's BBQ Meatlovers 877kJ per slice
Subway Chicken Teriyaki six-inch sub, no dressing 1280kJ	Subway Pizza six-inch sub, no dressing 1690kJ
Arnott's Nice Biscuit 225kJ	Arnott's Tim Tam 410kJ
Bounty Bar (Fun Size) 283kJ	Snickers Bar (Fun Size) 367kJ

23 FINISH A WORKOUT WITH A GLASS OF MILK

Research published in the *International Journal of Obesity* shows that people reward themselves with a post-workout, kilojoule-dense treat to the tune of 920kJ. Swerve it by necking a 150ml glass of the white stuff and you'll only take on 445kJ while receiving the muscle-repairing benefit of a kilojoule-dense protein shake, too.

24 PUT A CORK IN THE WINE SNOBBERY

Yes, we know that red wine needs to "breathe" in a goblet-style glass, but it also means that you pour 12 per cent more into that glass, according to an Iowa State University study. To save 620kJ on every dinner party, let your barolo breathe in a jug or decanter before drinking it from a narrow, not fishbowl-size, glass.

25 SWITCH MY EXERCISE PROGRAM

By now, results should start to become visible, but according to a Mayo Clinic study, your metabolism slows as you lose body mass. To stop your results from flatlining, swap your usual gym session for half an hour of kickboxing (to burn 1800kJ) or don your wetsuit and get out on the water with a surfboard for an hour (2650kJ).

26 GET HOOKED ON HEALTH FOOD

To motivate yourself to eat a low-kilojoule meal, perform a simple ritual beforehand. People who acted out a quick habit like prepping leftovers for tomorrow's lunch spent more time savouring their meal, University of Minnesota research showed.

27 MAKE MY METABOLISM KEEN

Use English mustard powder instead of the jarred stuff to boost the isothiocyanates you spread on your sausages. "These dilate your blood vessels and boost your metabolism," says Price. What tastier way to torch fat?

28 CUT KILOJOULES WITHOUT THINKING

Research has shown that an 800kJ reduction at lunch is enough to spark weight loss, but not enough for your appetite to register it. So instead of the 2400kJ sarnie, catch some sushi. Edamame, salmon nigiri and pumpkin korroke will net you around 1600kJ.

29 FIGHT CRAVINGS WITH PHONE SCRABBLE

Next time you're torn between an apple or an artery-clogging burger, whip out your phone and immerse yourself in a game. A study by Leiden University found gamers stayed strong in the face of junk food and opted for healthier snacks more often than non-gamers. The trick is to play something challenging, so *Plants vs Zombies* is out.

30 GO DAIRY DAILY

Keep the blub at bay by snacking on dairy products. Three to four servings of dairy products such as milk, cheese or Greek yoghurt can help accelerate fat loss, according to a review in the *International Journal of Obesity*. Increased dairy also led to greater fat loss from around the stomach. As well as packing enough protein to keep hunger under lock and key, dairy can limit release of calcitriol, a hormone that has been linked with your love handles.

32 BUILD A LEANER BURGER WITH BEETROOT

Adding the antioxidant-rich root to your patty stops your body from absorbing "bad" fat found in the burgers, according to research by the University of Aberdeen. Combine it with a burger made from turkey mince and you won't even hanker after the cheese and tomato sauce.

33 SHOP FOR FARRO

Quinoa is so 2014. As a better-all-round alternative to rice, farro is an ancient type of wheat with delicate, nutty flavours. "It contains 7g of protein and 3g of fibre per portion," says Farrell. It's perfect if you want to stave off hunger later in the day. The semi-pearled variety is the tastiest and the easiest to cook.

34 SIGN UP FOR THE PUB TEAM

There are 585kJ in a stubbie of beer. But you can enjoy it guilt-free without even leaving the pub by playing 80 minutes of pool or darts, both of which clock in at around 800kJ per hour, according to University of South Carolina research. *MH*: bringing you pub science at its best.



Three

The years you can add to your life by going from mild obesity to a healthy weight.

SOURCE: THE LANCET



80%

The reduction in your risk of Alzheimer's if you reach middle age without being obese.

SOURCE: NEUROLOGY



\$5855

Overweight men earn this much less than their trim colleagues.

SOURCE: INTERNATIONAL JOURNAL OF OBESITY

35 TAKE MY PHONE INTO THE KITCHEN

Register with weightlossnagger.com, a mobile service that sends you reminders of your weight-loss target. Research from the Virginia Commonwealth University Medical Centre found that regular motivational texts will help you lose an extra 2kg. Better than that one from your buddy that says, "Wat pizza u want tonight mate?"

36 TURN MY BEDROOM INTO A DARKROOM

Streetlights are great for night running, but a menace once you're back home. Research in the *Journal of Biological Rhythms* found that sleeping in a dimly lit room can disrupt your body clock and make your metabolism less efficient. Black out before you bulk out.

37 FORK OUT FOR SUPERSIZED CUTLERY

Dig into dinner with the biggest spoons, knives and forks you can get your hands around. University of Utah scientists found that diners using the largest utensils consumed less than those who ate with normal cutlery.

38 BRANCH OUT ON A LONGER WALK

Every time you're out stretching your legs, pick up a sturdy branch, ideally one that comes to chest height. Walking with one promotes longer, forceful strides, which increase the kilojoule burn of your march by as much as 67 per cent, according to the *Journal of Strength and Conditioning Research*. Keep track of your steps and monitor your heart rate with the Fitbit Charge Activity Tracker (\$139; officeworks.com.au).

39 NECK COCONUT WATER BEFORE TRAINING

An energy drink can contain as many as 600kJ per bottle, whereas a bottle of coconut water contains only 385kJ. Going tropical still gives you the energy needed to intensify your training – and replenish the electrolytes that are lost by sweating. Malibu is not an alternative.



31 TAKE CONTROL OF MY PORTIONS

That enormous Christmas feast you put away a few months back should teach you one thing: it's easy to underestimate kilojoules, and to keep going back for more. Use this handy guide to portion sizes before cooking and never serve up inadvertent seconds again.



LEARN TO FRY DOING THE BUTTERFLY

Freestyle or breaststroke are nothing to swim home about, but get a couple of lessons in the butterfly and you'll master the most fat-burning stroke in the pool. It burns 600kJ for every 10 minutes you can keep it up. Not so easy.

41 COMPLETE A BRICK SESSION

This triathlon drill burns 1840kJ and leaves you with a raised metabolism: ride a bike for 15 minutes, followed by a 15-minute run. Without rest, hop back on the bike for 10 minutes and finish with a 10-minute run. Easy.

42 TAKE A HIT

High-impact sports like rugby or squash cause your body to convert cells into lean tissue rather than fat. A study in *Research Quarterly for Exercise and Sport* found these sports send signals to the body that it needs to be protected by muscle rather than flab, so at a cellular level it does exactly that.

43 ADD A WEIGHT PLATE TO MY SIT-UPS

"This simple tweak can add an extra 169kJ of energy usage to every 30 reps in a session," says Blair. Perform the classic sit-up – but hold a plate to your chest with both hands, tucking your chin in to your chest as you rise and fall. This builds your abs as you trim the fat that's simultaneously hiding them.

**44 GET SKIPPING**

There's a reason this old-school exercise is still part of every boxer's training. A study from Waseda University found that men who performed three 10-minute jumping sets burned up to 840kJ and suppressed their appetites more successfully than those who had a similar bike session. The effect lasts for up to 15 minutes after you stop – assuming you don't trip over.

**45 LOVE MY LIVER**

A study at the Mayo Clinic found that adding a few drops of lemon juice into a glass of water boosts liver function by increasing bile production. Your body uses this to break down and burn stored fat. Instead of glugging back your usual tea or coffee in the morning, try swapping it for zero-kilojoule lemon water instead.

**46 HACK INTO MY WEIGHT-LOSS HORMONES**

Put peanut butter front and centre at breakfast to keep your blood sugar steady and your appetite satisfied. Research from Purdue University found that peanuts and peanut butter promote the hormone PYY in the body, which can make you feel full for up to 12 hours.

**47 INVITE THE BAKED POTATO TO DINNER AGAIN**

To enjoy the low-kilojoule benefits without the high-GI spike, scoop the cooked flesh of the potato from the skin, mash it with lemon juice and drop it back in it. "This will lower the overall glycaemic index," says Farrell. The fibre will also lead to a 7.4 per cent cut in fat over five years, found Wake Forest Baptist Medical Centre.

**TAKE A SKI LIFT FOR PEAK WEIGHT LOSS**

Research from Nasa has found that at altitudes above 1800 metres, any activity results in a weight loss of around a quarter of a kilo a day because of increased metabolic rate. You'll also burn 1714kJ every hour you're on the slopes. But the real test comes with the après-ski fondue ...

100 HOURS

The amount of sleep obese people lose every year.

SOURCE: BMI ARCHIVES OF INTERNAL MEDICINE

49 GET PICKLED

A study published in the *European Journal of Clinical Nutrition* revealed that diets rich in fermented foods such as pickles, sourdough, miso and sauerkraut reduced belly fat by five per cent over 12 weeks. Apparently, fermentation promotes probiotics and lactic acid, which assists with the digestion of other types of food, especially filling proteins. Keep the gherkin, toss away the burger.



55-57

SUPERSET YOUR WEIGHTS PLAN

"This workout will raise your metabolism and pack on muscle," says Blair. "Find a weight that's 70 per cent of your max and do 4 x 10 reps with 90 seconds' rest between sets."

50 RUN STRAIGHTER, SMARTER, HARDER

Posture is not usually something you think about while you're on the treadmill; however, a simple torso tweak will amp up the kilojoule burn. "It's natural to lean forward, but make yourself run upright to increase energy expenditure every minute and make the whole workout more intense," says Blair.

51 IGNORE "EXPERT" PUNDITS

Next time your team loses and Stirlo readies a forensic post-mortem, make a healthy packed lunch for the next day. A study in *Psychological Science* found that defeat causes sports fans to eat more fatty foods. Prepare ahead of full time to cut the binge-eating response off at the source.

52 TURN UP THE HEAT

We all know opting for the hottest curry can ramp up metabolism, but it can also help you cut kilojoules by slowing down how fast you eat, a study by the University of Rhode Island showed. Spicy food slows down your consumption rate, giving the brain more time to interpret the stomach's satiety signals. Put that buttery naan bread down, though.

53 SWEETEN MY VEG BOWL WITH CAPSICUMS

No man can live on curries alone. Luckily, the compound that sweetens capsicums has a more potent fat-burning power. Substances called capsinoids, found in sweet capsicums, encourage brown fat production, which reduces body fat, new research shows. Sweet stuff, that.

54 SWIM, BIKE, THEN PIG OUT GUILT FREE

Exercising vigorously in the evening with a swim or a bike ride changes your metabolism on a cellular level the next morning. That means you can get away with throwing caution to the wind and doubling up on your beans on toast from time to time, according to research in the *Journal of Applied Physiology*.

58 STARE OUT SALAD

You don't necessarily need to eat your greens: by simply looking at fruit and vegetables in the morning, you're hardwiring your brain to make healthier decisions throughout the day, say University of Leeds scientists. There's no need to paint a still life of your fruit bowl, just give it pride of place in your kitchen and you'll hit your weight-loss target more quickly.

59 CRANK UP MY BIKE SESSIONS

This saddle pyramid has been shown by Colorado State University to strip 800kJ per session: pedal like a bike courier for intervals of 20, 30, 40, 50 and 60 seconds, resting for the same time before continuing to the next interval. Then go back down from 60 to 20 seconds.

60 TAKE HER ON A SHOPPING TRIP

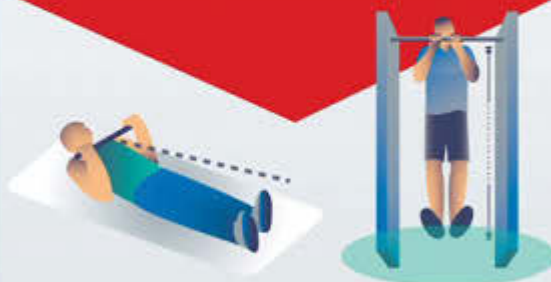
Not only will you burn 1260kJ plodding around every aisle in H&M and waiting outside the changing rooms in Zara but you'll also earn countless brownie points to be traded in at an opportune time.

61 REPLACE MY CAN'T WITH DON'T

This one's a subtle mind trick, but it works. Tell yourself that you "don't need" those leftovers rather than you "can't have" them. A study by the University of Houston found that the D-word will boost your grit, but saying "can't" makes you feel like you're depriving yourself.

62 BLOCK FOODIES ON SOCIAL MEDIA

Do you have a mate who is relentlessly posting junk-food selfies on his Instagram or Facebook pages? Research from the Carlson School of Management has revealed that the food porn picture habit can heighten the senses of those on the receiving end, leading to cravings and extra kilojoules. Be brutal: unfriend him.



SUPERSET 1

LYING CABLE CURL / NARROW-GRIP CHIN-UP

At a cable station, lie on the floor with the cable on a low setting. Doing a biceps curl from this position increases the range of motion your muscle works through. Give your biceps a rest and work your triceps. At a chin-up bar, haul yourself up until your chest is parallel to the bar.



SUPERSET 2

LEG EXTENSIONS / FRONT SQUAT

Your legs are your metabolism's best friend: work them hard and you'll burn more kilojoules all day. First, raise them at a leg extension machine. Then grab a barbell, rest it across the front of your shoulders and drop into a squat until your legs are parallel to the ground.



SUPERSET 3

BACK EXTENSIONS / WIDE-GRIP CHIN-UP

At a back extension machine, bend, tensing your core, then lift yourself up until your back is straight. Then go back to the chin-up bar and repeat, this time with a wider grip to target your back muscles. Try not to grunt.



TYSON MAYR / 28
Sydney, NSW and LA, USA / Traveller/Host



CHRIS BIRCH / 31
Brisbane, Qld / Carpenter/MMA Fighter



MIKE CAMPBELL / 33
Sydney, NSW / Man Coach/Author



JONATHAN PAUL FRITSCH / 26
Adelaide, SA / Construction Administrator

MEN'S HEALTH OUR 2015 AWA



MIKE DANIELLE / 28
Sydney, NSW / Business Unit Manager



BRYAN O'DONOGHUE / 31
Perth, WA / Orthopaedic Technician



SEAMUS RODDEN / 27
Sydney, NSW / High School Teacher



LUKE WOOD / 27
Lara, Victoria / Aviation Rescue Fire Fighter



LAURIE MOCK / 31
Sydney, NSW / News Editor

MAN RDS



DAMIEN RIDER / 39
Coolangatta, Qld / Entrepreneur



DAVID CURLEY / 36
Blue Mountains, NSW / Business Development Manager



ADRIAN BETTS / 37
Sydney, NSW / Personal Trainer

A RECORD-BREAKING
FIELD OF APPLICANTS.
TWELVE FINALISTS.
ONE WINNER. THIS
YEAR'S *MEN'S HEALTH*
MAN COMPETITION
SHOWS THAT A
PERFECT PHYSIQUE
IS WITHIN REACH.

WORDS BY **GRANT TAYLOR**

PHOTOGRAPHY BY **JASON IERACE,**
STEVE BACCON & GILES PARK →



THE EVENTS

They came from all over Australia. There were smiles all round, but it soon became clear: all were here to win.

And so, over two gruelling days, our 12 finalists went to work, pitting themselves against one another in challenges that asked questions of their physical capabilities, mental fortitude and eye for style. At the end there would be one man who stood tall above the rest.

As you can see, all 12 guys are in great shape. But they're not professional fitness models. At the end of the day they are just ordinary blokes, like you. They each have careers and face the same struggles in their day-to-day lives as you do. Like you, they only have 24 hours in their day. It's what they do with them that counts.

You see, what really sets these men apart is their ability to get things done. They don't make excuses, nor do they sit around contemplating whether they should go for that run. They lace up and go.

They've made fitness the fulcrum of their lives as they strive to become better men.

What we did, is see how they stack up against one another, as well as their own lofty expectations.

"It is not pain, it's discomfort and distraction leaving the body!" yelled our instructor, Chief Brabon, as the men struggled through a wickedly punishing soft-sand fitness challenge.



Battling through sandbag lifts, dragging battle ropes and punching out various body-weight exercises, the torturous test was just one of the many challenges the men faced over the two days.

In this competition, we're not looking for a male model but a model male. That means a well-balanced guy who excels in and out of the gym. As a result, they were tested in a range of scenarios, from an H&M style contest and Seiko stand-up paddleboard race to a Flush Fitness nutrition trial and LYNX grooming challenge.

The result? We found a man who shone bright among a field of contestants that could already be considered "well-cut" diamonds. Read on to see how these men have become a benchmark for everyday blokes, and how you can, too. →



Left: Damien Rider takes on the LYNX grooming challenge. Right: the calm before Chief Brabon brings the storm.



"It's not pain, it's discomfort and distraction leaving your body!"



Above: Tyson Mayr and Chris Birch get to grips with the Flush Fitness smoothie trial. Left: Our fitness challenge winner Seamus Rodden. Below: the Seiko paddleboard race brought out a serious competitive edge.



WATCH THE ACTION
 USE THE FREE VIEWA APP TO SCAN THE PAGE FOR BEHIND-THE-SCENES VIDEO



THE FINALISTS

★ Tyson Mayr

28, SYDNEY, NSW

After winning a "best job in the world" competition in 2009, Mayr has remained a full-time travel blogger that most recently saw him "enjoy" a stint in the jungle for Channel 10's *I'm A Celebrity... Get Me Out of Here*. Just as well then, that through trial, error and necessity, Mayr has developed a workout comprised of various push-ups and plyometrics that he's able to perform any time, anywhere. "I never know what I'm doing or where I'll be heading each day, so doing my workout in the morning is crucial to maintaining consistency," he says.



PUSH YOUR LIMITS

SUPERSET 1

1A Grasshopper push-up x14

Assume a push-up position, arms straight. Bring your left knee to your chest and across your body towards your right arm, twisting your body to place more weight on your left pec. Lower your chest and push back up. That's one rep, do 14 (seven each side).



1B Explosive full-body push-up x10

Do an explosive push-up, but as you elevate, bring all four limbs off the floor, trying to achieve a starfish-like pose in the air, before landing again.



SUPERSET 2

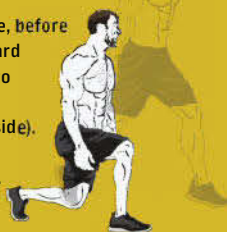
2A Plank

Assume a plank position. Hold for 60 seconds.



2B Jumping split lunge

Perform a lunge, before exploding upward and swapping to the other leg. Do 30 (15 each side). Repeat the superset twice.



3 Push-up

Do push-ups until failure.



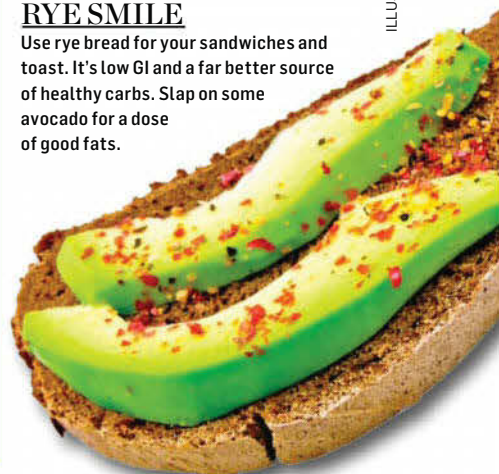
★ Seamus Rodden

27, SYDNEY, NSW

Rodden played water polo at national level throughout high school. Despite a highly regimented training schedule, he always saw fitness as social. "Sharing a common goal with a group of mates meant it was always fun," he says. Now a Personal Development, Health and Physical Education teacher, Rodden practises what he preaches, sharing his knowledge and passion for fitness and nutrition with his students and colleagues alike. He starts every workout with a heavy-lifting compound movement while he's fresh.

RYE SMILE

Use rye bread for your sandwiches and toast. It's low GI and a far better source of healthy carbs. Slap on some avocado for a dose of good fats.



ILLUSTRATIONS: SONNY RAMIREZ @ THE ILLUSTRATION ROOM



★ **Chris Birch**

31, BRISBANE, QLD

A former kick-boxing champion, Birch hung up the gloves to pursue a career as a professional rugby league player. After retiring from league, Birch discovered MMA, and has since fought in five professional bouts. He puts his active lifestyle down to his natural competitiveness. "I don't get much joy out of something unless I'm competing for it. Even if I'm just competing against myself, proving that I can smash something I've never tried."

PUNCH 'N' DROP

1 Burpees x10

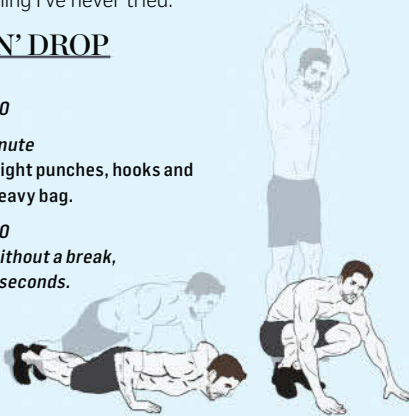
2 Boxing 1 minute

Throw jabs, straight punches, hooks and combos at the heavy bag.

3 Burpees x10

Do this circuit without a break, then rest for 90 seconds.

Do 6-8 circuits.



★ **Mike Campbell**

33, SYDNEY, NSW

Born in New Zealand, Campbell moved to Sydney after studying a degree in physiotherapy. Working as a PT, his career has evolved into becoming a "man coach", helping men realise their potential. To achieve this, he pushes clients to live outside their comfort zone, a place he knows well. His mantra: "What do you have to lose?"



GET A TOTAL-BODY BURN

Warm-up/Stretch

SUPERSET 1

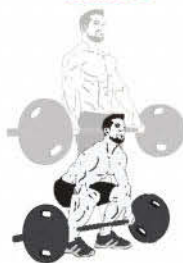


1A Barbell squat 5x5



1B Chin-up 5x5

SUPERSET 2



2A Deadlift 4x6



2B Military press 4x6

Rest as necessary between each superset.



3 Weighted sled push 5x15m



4 Ring pull-up, until failure

★ **Adrian Betts**

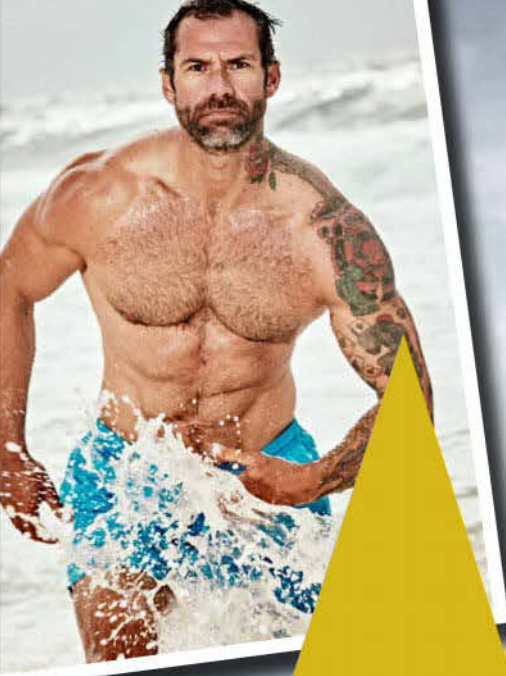
37, SYDNEY, NSW

A qualified masseuse turned personal trainer, Betts began competing in Olympic weightlifting when he was 14. He now sticks to a functional approach, with the goal of maintaining strength when he's an old man. Training six times a week before work, Betts uses a moderate-load, high-rep workout that he believes is more suited to the demands of everyday life – you rarely lift more than 20kg at a time, yet may carry that load for 10 minutes or lift it 20 times.

STAY GROUNDED

Stick to above-ground vegetables. Leafy greens, tomatoes, etc. They're full of vitamins and minerals and lower in carbs than below-ground veggies like potatoes.





2015 MH MAN WINNER

Damien Rider

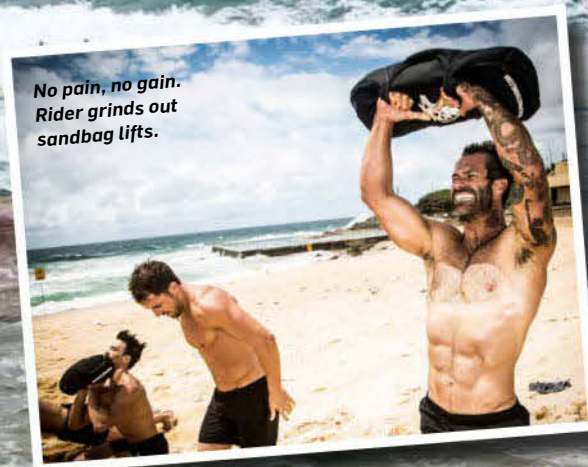
THE QUEENSLAND ENTREPRENEUR
NOT ONLY BUILT FUNCTIONAL MUSCLE,
HE WENT OUT AND USED IT ...

THE MH TEAM looked at one another in disbelief. Some shook their heads. "He can't be serious," seemed to be the collective sentiment rolling around the office. The source of our slack-jawed amazement? Damien Rider had just been told he'd be participating in *Men's Health* Man. "I won't be flying ... I'm paddling down," the 39-year-old informed us matter-of-factly.

Now, we could perhaps understand if "down" meant paddling across Sydney Harbour. But negotiating several hundred kilometres of untamed ocean between his home in Coolangatta and Bondi? We had to wonder, is this guy entering *MH* Man or *MH* Beast?

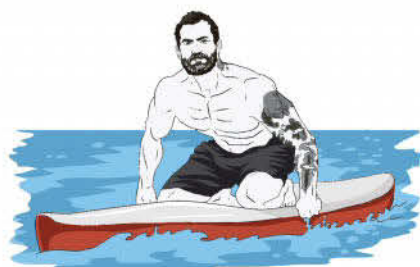
"The furthest I'd ever paddled before was 40 kilometres, and here I was about to paddle 800km alone," says Rider, who broke three world records in his epic voyage. "I love the challenge of pushing myself to the very edge and finding out exactly what I'm capable of."

He was to find out all right. While he could at least try to prepare himself physically for the sheer torture he was set to endure, what he didn't count on was an escort from the local marine life. "At one point I felt a massive knock at the back of the board, and then I saw the fins," Rider recalls. "I could see three shadows circling, which were later confirmed to be great whites. I



No pain, no gain.
Rider grinds out
sandbag lifts.

BUILD A BEAST BODY



WARM-UP
200m light jog
then:
50m sprint
50m jog
50m sprint
50m jog

WORKOUT
8kg wall ball
x10
Hold the ball close to your chest, squat all the way down, then explode up, throwing the ball as high as you can. Catch and repeat with continuous movement.

Battle rope
x40
Tensing your core by squeezing your abs, use alternate arms in a whipping motion, creating waves with the rope. Do another 40 double-armed.

15kg medicine-ball slam x10
Squat to the ball. Drive up with your legs, raising the ball above your head, then slamming it to the ground, letting your arms swing by your side.

just had to make sure I stayed on the board." For most blokes that would be it, time to pull up stumps. Rider? He managed to make it to shore, where he rested for just half an hour before heading back out to sea.

Throughout his journey, Rider battled dehydration and hunger, once being forced to sleep on a beach as he simply couldn't muster the energy to paddle to the next town for supplies. But you know the saying. What doesn't kill you . . . makes you Wolverine.

"I just had to push through," Rider says. "Then I would think, 'Okay, that was tough, but I made it through and now I know can keep on going'."

A victim of a violent childhood, Rider undertook the voyage to inspire and teach the children he supports through his organisation, Paddle Against Child Abuse. "There don't seem to be as many problems in life when you do something you never thought you were capable of," he says. "Things don't seem as bad, because you can deal with a lot more. You become stronger."

With his monumental journey and *MH Man* victory ticked off, the obvious question for Rider is, what's next? "I'm still yet to find a challenge that's too much for me," he says. "I'll keep testing myself until I do. That's how you find out who you are."

"There don't seem to be as many problems in life when you do something you never thought you were capable of"



50m sandbag chariot drag

Loop the battle rope through the handles of a sandbag. Grip the battle rope in each hand, tight against the hips. Run in soft sand, dragging the bag.

Rope climb

2x4-6m

Start in a seated position and use only your arms to pull yourself up. Keep your legs straight out in front of you.

Box jump

x10

Use a plyometric box, ledge, table or bench.

Repeat circuit three times. Up the difficulty by wearing a weight vest or elevation training mask.

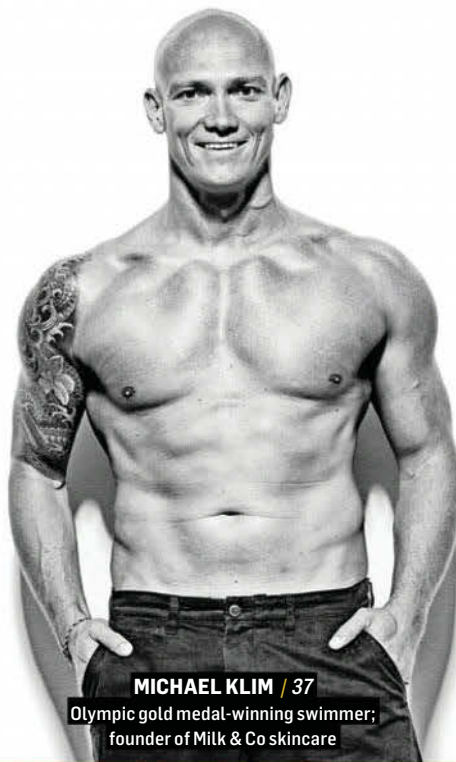
WARMDOWN

Stretch and use a foam roller to help your muscles recover.

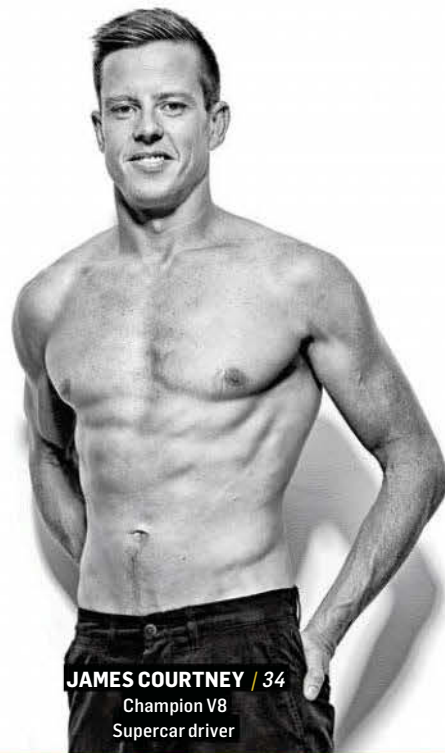




COSENTINO / 32
Illusionist and escapologist



MICHAEL KLIM / 37
Olympic gold medal-winning swimmer;
founder of Milk & Co skincare



JAMES COURTNEY / 34
Champion V8
Supercar driver

CELEBRITY MH MAN

THE MAGNIFICENT SEVEN

THIS YEAR'S FIELD OF RIPPED AND ROBUST CELEBRITIES DUG DEEP TO GET IN THE BEST SHAPE OF THEIR HIGH-PROFILE LIVES. THEIR SUCCESS IS YOUR INSPIRATION



KYLE PRYOR / 31
Actor, *Home And Away*



MATT COOPER / 35
Former rugby league international;
co-owner of DragonFit Fight Club Gym



LUKE HINES / 31
Co-author of the *Clean Living* cookbooks;
personal trainer

Need a hand out of a rut?

Look no further than these seven guys. Celebrities they are, pampered they're definitely not. Behind the glamour of their public lives is the hard work done in the shadows. Their commitment to being in show-stopping shape, achieved through regular training and disciplined eating, lights your path to success. Their brief was straightforward yet daunting: get into insanely good condition and go shirtless for the camera, with the winner decided by a public online vote. The results speak for themselves.

2015 WINNER

Larry Emdur

50, TV CO-HOST,
 THE MORNING SHOW

HOW HE DID IT

CIRCUITS

Cam Byrnes wrote four routines on the whiteboard in Emdur's home gym, with the star ripping through one every day. Here's a sample:

Bench press x20
 Biceps curl x20
 Military press x20
 Close-grip chin-up* x20
 TRX pull-up x20
 Crunch x20
 Bench dip x20
 * May take multiple sets to reach 20

Says Byrnes: "Larry had been training for years with an old-school mentality of loading up the weights, busting himself, recovering and going again. I turned him into a fat-burning machine by having him train more frequently and at a consistently elevated heart rate."

CYCLING

20- to 30-minute sessions, performed up to twice a day, on an exercise bike supplied by Workout World. (A cardio session done between dinner and bedtime is a surefire fat-loss tactic.)

WALKING/RUNNING

To and from work – 10km there, 10km back.

DIET

* Protein with every meal: chicken, fish, red meat or a protein shake made with True Protein Whey Isolate (trueprotein.com.au) to maintain muscle mass.

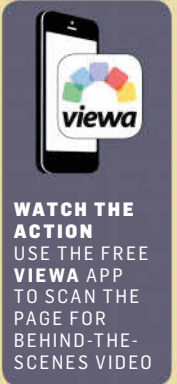
* Two moderate daily serves of slow-release carbs (brown rice, quinoa or sweet potato) to fuel training and recovery.

* Lots of veges for low-kJ satiation.

FINAL WORD

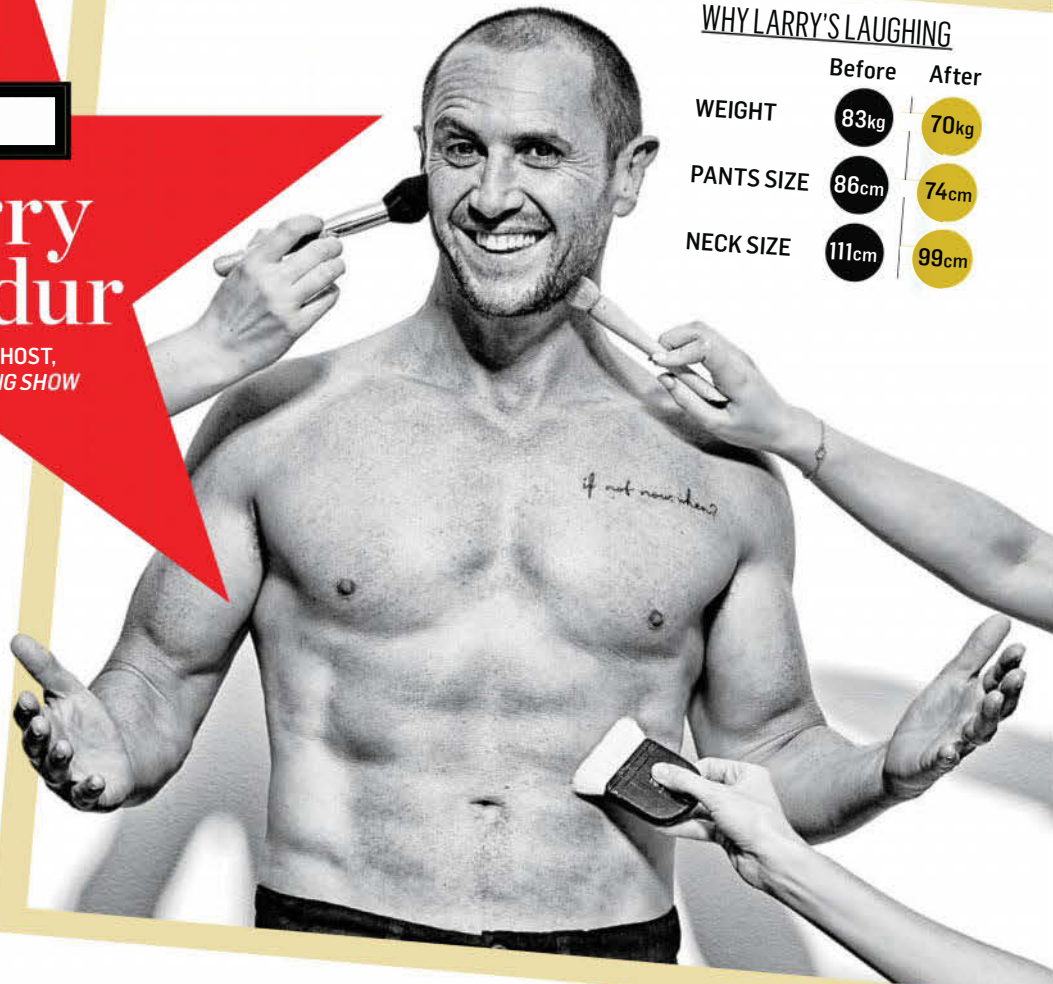
"I thought if I hit the gym with a great trainer and ate right, in a month I'd be set," says Emdur. "That's all it used to take. But to anyone out there around my age, you need to realise it won't be that easy now. You've got to be more determined and enthusiastic than you've ever been before because it takes longer for things to shift. But you'll get your reward. I actually just feel great! I'm exercising better than I ever have. I'm eating better. I'm sleeping better." ✕

Closing in on his 50th birthday and 20th wedding anniversary, the exuberant co-host of Channel 7's *The Morning Show* wanted to turn back time. "I said to my wife, 'For a present, I want to give you back the young, healthy guy that you married,'" says Emdur, whose previous attempts at recapturing the svelte physique of his youth had invariably ended in frustration. Not this time. Brimming with motivation and teamed with celebrity trainer and Channel Seven colleague, PT Cameron Byrnes, Emdur torched 13kg in 12 weeks.



WHY LARRY'S LAUGHING

	Before	After
WEIGHT	83kg	70kg
PANTS SIZE	86cm	74cm
NECK SIZE	111cm	99cm



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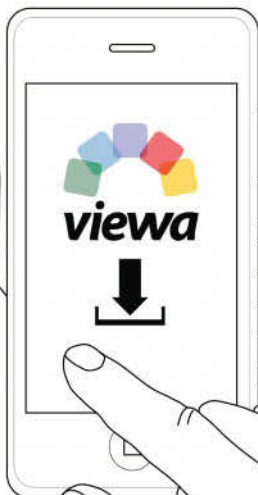
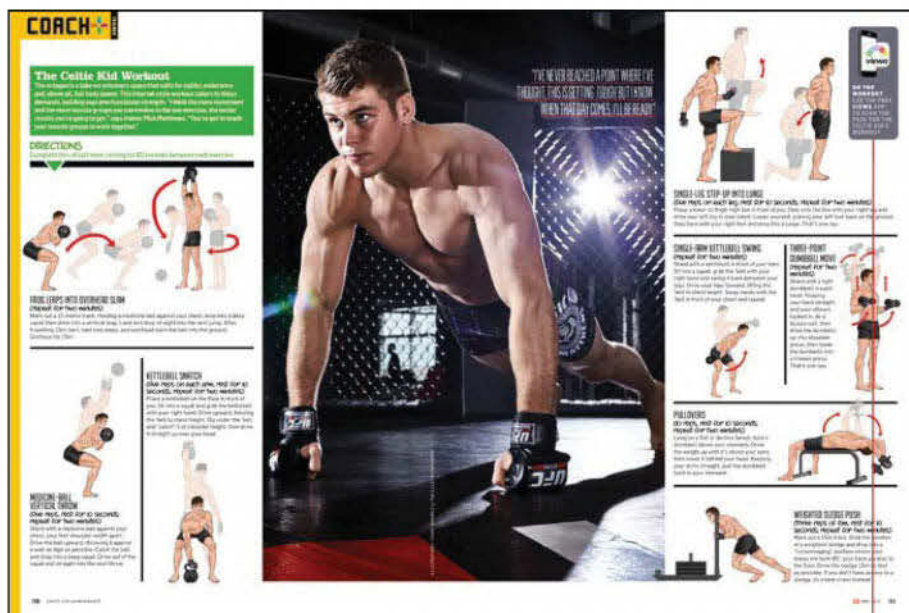


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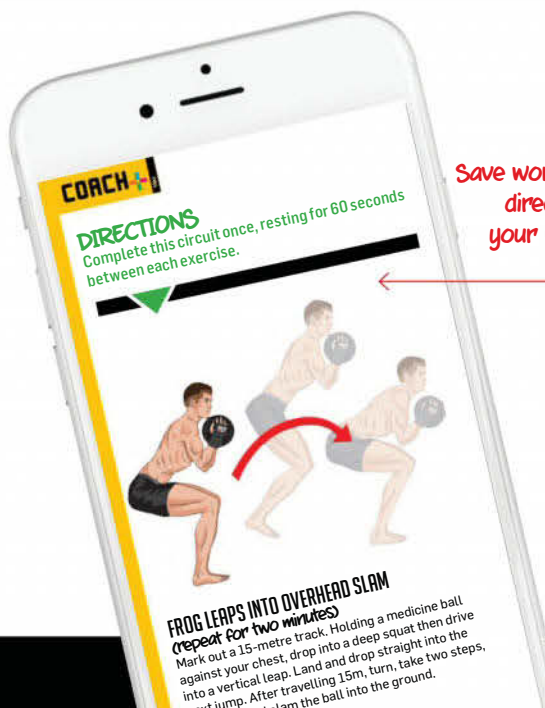
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Save workouts directly to your phone

FROG LEAPS INTO OVERHEAD SLAM
(repeat for two minutes)
Mark out a 15-metre track. Holding a medicine ball against your chest, drop into a deep squat then drive against your chest, drop into a deep squat then drive into a vertical leap. Land and drop straight into the next jump. After travelling 15m, turn, take two steps, and the ball into the ground.

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SG3 Buy the latest fashions straight from the page



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Masterchef co-host George Calombaris reveals all in our Q&A



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Monsters Ink

The tattoo that seemed like a great idea on a drunken night out can soon feel like a gargantuan mistake.

Then you have a choice:

Live with it, or try to wipe the slate clean →

By Ben Williams

Photography by Daniel Linnet



Though I'd imagined being met by some faintly menacing misfit, as it happened the guy in the shop couldn't have been more pleasant. He was covered in tats, sure, but that was the only sign that he might spend his evenings disseminating conspiracy theories or polishing a stockpile of illicit World War II machine guns.

For months I'd agonised about the type of tattoo I'd choose – and where on my body to put the thing. I settled on having the word INTEGRITY inscribed in Gothic lettering onto the outside of my left forearm. At the time I was still working out the kind of man I wanted to be, and I saw integrity as a value to live by. I also figured that, as tattoos go, it would go down better with my unsuspecting parents than a voluptuous, flame-haired nymph or venom-spitting serpent.

Did it hurt? Put it this way: if there was any pain involved then I've erased it from my memory. Truth is, the only thing I remember feeling is pumped. That is until an hour and a half later when the job was done. Then I felt *complete*. "This is me now," I thought.

That night I went out with my buddies, my new artwork on show. Though attracting female attention wasn't the reason I got it, let me tell you that as an icebreaker or conversation starter, the tat worked infinitely better than any clapped-out chat-up line.

People like my parents still associate tattoos with undesirables. A lot of that generation hasn't noticed – or won't accept – that tattoos have become so utterly mainstream that for a young bloke nowadays, having one is about as rebellious as leaving your shirt untucked. And yet... it wasn't long before I started having second thoughts. I'd got it because I thought tattoos would brand me with rockstar charisma, or infuse me with UFC machismo. Basically, I figured a tattoo would give me some sort of edge. What I didn't foresee is that it might also hold me back.

Have you ever been completely wrong about where you're headed? Fresh out of school, I reckoned I'd be labouring for the rest of my life. But by 22 I was on the sales team at Coca-Cola, with wealth my objective and Jordan Belfort my inspiration. (Yeah, I know – the untold millions blinded me to the criminality, okay?)

I wasn't the only person on the team with ink. But I was the only guy whose tat was on display whenever sleeves were rolled up, or on casual Fridays when I wore a T-shirt. While no one said anything or gave it so much as a disapproving glance, I became convinced that trying to climb the corporate ladder with a tat on my forearm was like running a half-marathon with a paperweight in each

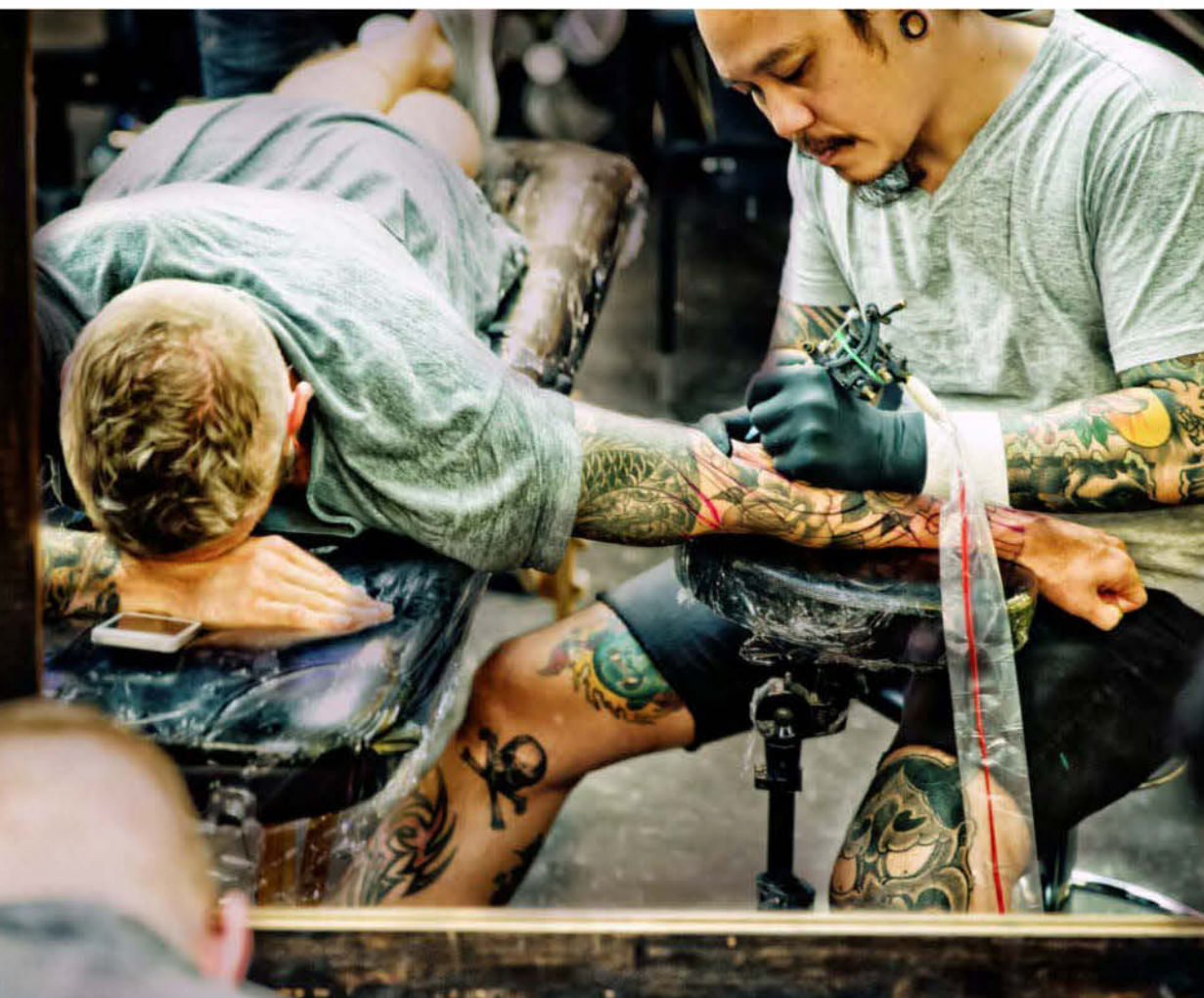


MARKED MEN
At Sydney's Inner Vision parlour, the artists know the tattoo experience from both sides of the gun.

At 19 I could wait no longer.

Brimming with excitement, my wallet stuffed with cash, I lead-footed it one Saturday morning to a tattoo parlour on Sydney's northside. A few mates tagged along, partly because they had nothing much else to do, but mainly because it wasn't every day that one of us stopped talking about getting inked and actually did it.





DODGING DISASTER

EXPERTS GIVE THEIR TIPS FOR CHOOSING A TATTOO YOU'LL BE HAPPY TO TAKE TO THE GRAVE

Put your toe in first.

That means starting with a tat that is small, innocuous and inconspicuous, as opposed to a gargoyle on your forehead. Even a temporary tat is not a bad idea, says tattoo artist Cliffe Clayton.

Come with a clear head.

Get inked on the basis of a "sober and conscious decision, not a drunken and spontaneous one", says Clayton.

Be patient and plan.

A lot of guys grow to loathe their tat because it's the shoddy work of a Johnny-come-lately. Do your research and view portfolios and reviews of artists, says *Tattoo Nightmares* star Tommy Helm. "In this age of the internet and social media, all this information is at your fingertips."

Don't be cheap.

"To me it's ludicrous that you would go bargain-hunting on something you're going to wear on your body the rest of your life," says Helm.

Eschew lovers' names.

Girls you'd do anything for can become women you'd do anything to forget.

Grow up.

"Eighteen is way too young to get a tattoo," says Clayton.

Keep it in top shape.

Like beauty, tattoos fade over time, mainly thanks to the sun. **Brut Tattoo Guard (\$11.99)** combines aloe vera, vitamin E and an SPF50 sunscreen to maintain the vibrancy of the most garish body art.

pocket. What can I say? While a tat nowadays is about as edgy – and commonplace – as a Ned Kelly beard, the fact is, in most offices, the guys wielding power are still un-inked and clean-shaven.

Conclusion: it was time to lose my INTEGRITY. From coveting a tat and feeling like Tony-Robbins-on-speed upon getting it, I now wanted to be a cleanskin again. Turns out, in every respect, I'm not alone.

In the Nineties an Australian Government report called tattooing a "worldwide fashion craze" and estimated one in 10 people would get a tattoo at some time in their life. While that figure raised eyebrows at the time, it now looks so out-there become so in?

The latest survey by the Cosmetic Physicians Society of Australasia (CPSA) finds we're now at a point where one in four Australian men aged 20 or older have a tattoo. The question is, how in the space of a generation did something so out-there become so in?

For answers I darken the doorstep of Cliffe Clayton, an easygoing character who's been marking men for more than 30 years. The boss of Inner Vision in inner-city Sydney, 54-year-old Clayton looks straight out of central casting with his shoulder-length hair, goatee, studded shirt and, yep, a body covered in ink. The tattoo he's happiest to talk about is on his back – a striking image of a dragon-

riding Quan Yin, the beautiful Buddhist goddess of compassion. It's the handiwork of the man he calls his mentor, tattooing legend John Van 'T Hullenaar, aka "The Dutchman".

"There was a time when tattooing was something nice people just didn't do," says Clayton. "Military men, bikers and knockabouts – they were the people who carried tattooing through tough times."

Things started changing in the Eighties, he reckons, when American artist Don Ed Hardy published a series of books known collectively as *Tattootime*, which presented tats as art rather than children-spooking eyesores suggestive of anarchistic belief systems or full-blown mental derangement.

From there, Clayton argues, numerous giants of pop culture – Sly Stallone, Mickey Rourke, Johnny Depp, as well as female trailblazers such as Cher and Angelina Jolie – started flashing ink. Actors, musicians and athletes in their legions followed suit, including style icons like David Beckham.

Bang! Tattoo parlours, once harder to find than a cheap plumber, sprouted like organic cafes in newly gentrified suburbs, except they weren't "parlours" any more but "studios", and their clientele included blokes who owned big houses, rather than rough nuts who were between stints in the Big House. →



DISASTER AREA

NEW YORK INK MASTER TOMMY HELM, STAR OF TV'S CULT HIT *TATTOO NIGHTMARES (7MATE)*, RECALLS THE THREE WORST TATS HE'S HAD THE MISFORTUNE OF LAYING EYES ON – AND HOW HE FIXED THEM

THE SAD

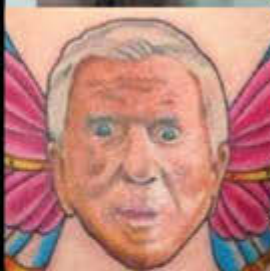
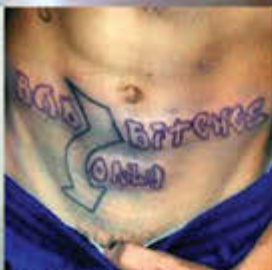
"I had this young girl come in with a portrait of her deceased father on her arm. It looked like it had been drawn by a child with a crayon." Helm covered the atrocity with a new picture of her dad.

THE VULGAR

"Another client had the words 'Bitch Please' with the image of a middle finger tattooed on his neck. This dude had become a youth league leader who resorted to wearing a Band-Aid over it every day. We covered it with a stunning image of King Tut's burial mask."

THE SCARY

"A gentleman came in wearing a massive, unfinished symbol of a gang that he was in as a child. This gang had actually tried to kill him, so the tattoo brought him pain every day. To cover it, we came up with the image of a lone piano in a beautiful desert."

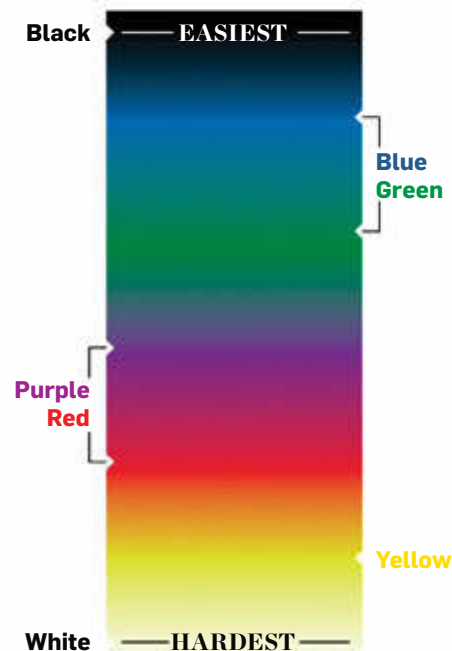


INK-REDIBLE!

What some guys are thinking when they choose a design is anyone's guess.

Out Damn Spot!

The effectiveness, duration and pain factor of your tattoo removal could depend on the colour of the ink



As all crazes do, tattooing shifted a lot of guys' critical faculties into neutral. That CPSA survey also reported that of those men with a tat, one in three have either had it removed or plan to. Why, for so many inkers, does joy turn to regret?

Not far from Clayton's parlour is The Illustrated Man, where another veteran of the game, Tony Cohen, plies his trade. From the back of his shop he greets me with a mix of profound impatience and gruffness, but warms up as we chat over the incessant buzz of multiple tattoo machines.

While his clientele have changed over the years, Cohen tells me, he can still pick the guy who's going to rue ever having set foot in a tattoo parlour.

"The mugs used to be the drunks and drug addicts, and you'd spot them instantly," says Cohen, who'd blend right in jamming with ZZ Top. "Now they're people who think they know more than you do because they've seen something on TV. They come in here with some sort of image they think they need, when they haven't even thought about it."

Other walk-ins are plain messed up – and get short shrift. "I haven't put all these years in to be putting swastikas on people," says Cohen, who points these sociopaths to a psychiatrist. Guys wanting their faces inked get the same advice. But not all tattooists try to save misguided souls from themselves.



Sometimes a disastrous tat isn't the customer's fault. Clayton points out that few tattooists are Booker Prize-winning novelists: "It's better these days, but a lot of tattooers are quite illiterate . . . they can spell their own name and not much else."

So it was that a dedicated Rose Tattoo fiend who wanted the title of his favourite album, *Scarred For Life*, inscribed on his skin got "Scared For Life" instead. Other notorious tattoo clangers: "Only God Will Judge Me", "Love Concurr All", "Strenth And Courage", and (across the knuckles) "Your Next".

The catch with any tattoo is that it's meant to be forever, while the love affair or preoccupation that inspired it will seldom last that long. You change; your circumstances change; but save for a little fading, your tattoo is immutable. It sits there like graffiti, a dismal reminder of something that long ago lost its magic.

Exuding Zen-like qualities, Dr Terence Poon assesses my INTEGRITY in his office at the Neutral Bay Laser & Dermatology Clinic on Sydney's north shore.

"We'll get a good result with this," he says, explaining that, somewhat paradoxically, black is the easiest colour to remove (and white the hardest).

Sometime later, I undergo my first treatment at the hands of the ever-cheery Sister Kim, who starts by needling the tattooed area with local anaesthetic.

Once I've donned an unflattering pair of protective glasses, Sister Kim gets busy with a Q-switched laser, which emits enough energy to shatter the subcutaneous ink into microscopic fragments.

Pain? Each zap feels like being flicked with a rubber band, except for those times when the beam hits a spot where the anaesthetic hasn't reached, at which point that rubber band turns into a bee.

But the worst discomfort is in the days afterwards, when my arm's blistered and tender – and the tattoo is as dark as the day I got it.

"That's normal," reassures Sister Kim, who says it might be four or five weeks until anything happens. In fact, it might take several treatments before I notice anything. "It's hard to predict," she says. "This is like going on a diet: the results are gradual."

Sessions are at least six weeks apart – to allow for full healing – and after each one Sister Kim sends me home with a tub of petroleum jelly, bandages and reminders about wound-care protocol. →



SUBCONSCIOUS MOTIVE

"Guys get tattooed to look tough; girls get tattooed to look cute," says Clayton.



Month 10



Month 22



Month 34

Beam Me Up

LOOKING TO DE-INK? DR GABRIELLE CASWELL, PRESIDENT OF THE COSMETIC PHYSICIANS SOCIETY OF AUSTRALASIA, GIVES HER THREE KEYS TO AN EXPERT JOB

Deal with a doc

You want a registered medical practitioner. "Remember, all laser is a controlled burn," says Caswell. "I've seen an enormous number of bad burns caused by amateurs taking off tattoos."

Honour the veteran

Even among doctors, experience counts. Ask your would-be practitioner how long they've been operating lasers. "You want someone who's seen just about everything there is to be seen."

Go state of the art

Old hands can work wonders with obsolete machines, but the ultimate combo is a veteran medico who has a PicoSure, such as Terence Poon's Sydney clinic. The payoff: fewer treatments and faster healing.

GOING, GOING, GONE

Although the erasure of Ben Williams' INTEGRITY took the best part of three years, he's now set to begin his new role in the fitness game as a cleanskin.

My tattoo has faded to nothingness. It's a perfect job by Poon and his team. But, wow! Removal is no stroll on the beach.

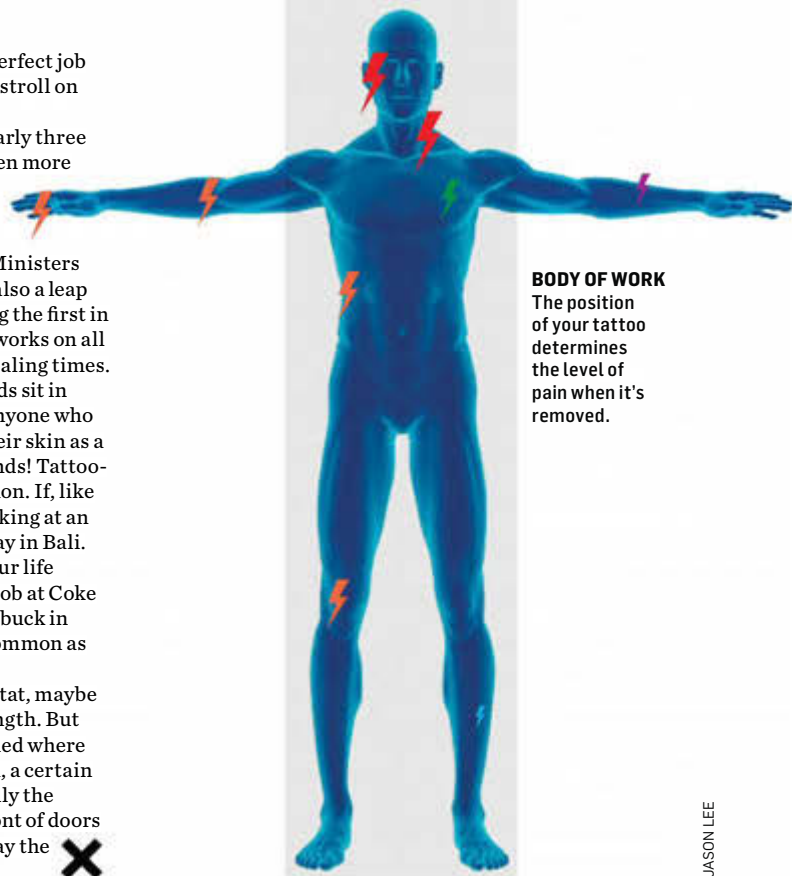
In the end it took 14 sessions, spaced over nearly three years, to erase my INTEGRITY (guess I had even more of it than I thought). That's 14 times hauling arse to the clinic, 14 times getting prepped and zapped, 14 times nursing a red and swollen arm. In that time Australia's had three Prime Ministers – and 417 NRL nightclub incidents. There was also a leap in tattoo-removal technology, with Poon among the first in the country to acquire a PicoSure laser, which works on all colours and speeds up treatment, fading and healing times.

I now get why Mark Wahlberg insisted his kids sit in while he had his prodigious body art deleted: anyone who sees this process up close will baulk at using their skin as a canvas for self-expression. And then the bill lands! Tattoo-removal costs several hundred dollars per session. If, like me, you need upwards of 10 sessions, you're looking at an outlay in excess of \$3000. There goes the holiday in Bali.

I'm glad my tat's gone – but it's funny how your life never stops changing. I ended up quitting that job at Coke to travel the world, and now I'm back earning a buck in the fitness industry, where tats are almost as common as bulging deltoids.

Truth be told, I wouldn't mind getting a new tat, maybe something like the Kanji symbol for inner strength. But I'd get it on my ankle or rib, somewhere concealed where it won't cruel my chances of getting a bank loan, a certain type of job – or a certain kind of girl. That's really the moral of the story: life's going to drop you in front of doors you never expected you'd see, so why throw away the key that opens all of them?

PAIN SCALE
NO BIG DEAL → → → → → HOLY F*%\$!



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116 THE ULTIMATE PRE-MATCH BREAKFAST – NO CEREAL REQUIRED!



TRAINER / FUEL

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YOUNG GUN

Build octagon-worthy muscle with UFC prodigy Jake Matthews
PAGE 108

TOMASZ MACHNIK

PLUS 114 HOW TO STARE DOWN TRAUMA 118 MEATY REWARDS: YOUR HIGH-PROTEIN MEAL PLAN >>>



FIGHT CUB

Fresh-faced UFC prodigy Jake Matthews shows you how to build the explosive power and unflinching resolve that have seen him dominate the octagon

BY AARON SCOTT

PHOTOGRAPHY BY TOMASZ MACHNIK



AT 20 YEARS OF AGE, JAKE MATTHEWS is the youngest man in the UFC. And he looks it. As he wanders into the UFC Gym, set amid the warehouses and chain-link fences of Sydney's industrial inner south, he looks more boy-band crooner than MMA brawler. His face is freshly shaved, his plaid shirt buttoned to the collar. But don't be fooled. The Celtic Kid (to use his UFC moniker) can fight. His record stands at a flawless 9-0 and UFC kingpin Dana White has described him as "an absolute stud". Question is: in a sport where strength is all, how does a 20-year-old still growing into his body go toe-to-toe with over-muscled 30-year-olds?

Put this question to Jake's father and trainer, Mick, and he answers with a story. "When Jake was eight, he asked Santa for a chin-up bar at Christmas. So we gave him one of those extendable bars and fixed it in the doorframe of his bedroom. It got to the point where he couldn't walk into his room without stopping and doing 10 chins." Jake laughs at the mention of his childhood chin bar: "Yeah, when I was a kid I never did weights, never went to the gym. But for a three-year stint – from about year seven to year nine – I was getting up and doing 100 chins every morning."

Of course, if you're stepping into the octagon, chin-ups are only going to get you so far. Here's how the Celtic Kid built strength beyond his years.



Strike force: the Celtic Kid out-punches Brazilian grappler Vagner Rocha during their UFC fight in Sydney last year.

FORM FOLLOWS FUNCTION

Between fights, Jake's weight will hover around the 80-kilogram mark. At weigh-in, however, he'll chisel down to 70kg. Such brutal fluctuations in weight leave no room for extraneous bulk. "Jake can't afford to put on a lot of size," explains Mick. "So the muscle we build has to be functional and explosive. We're all about quality, not show."

To this end, Jake rarely shunts iron. Static moves like the bench press or leg press don't factor. Instead, his conditioning sessions revolve around an eclectic mix of body-weight exercises, medicine-ball throws, cage-bag slams, rope climbs and gymnastic routines. A frenetic pace and high-rep ranges form a furious mélange designed to boost power across every conceivable plane of movement.

"In a fight you're using every muscle," says Jake. "You're never just striking or just wrestling – it's all mixed together." This is the physical challenge he aims to simulate every single session.

SHUN ROUTINE

In the Matthews camp, habit, routine and regimentation are evils to be avoided. "I never know what I'm going to do at the start of a session," says Jake. "No two sessions are ever the same. With every exercise Dad's changing the angles."

Just as no fight ever follows a set formula, so Mick's training sessions are fluid and endlessly malleable. Jake will never, say, grind out three sets of 15 chin-ups. That sort of

challenge fails to recreate the dynamism of the octagon. Instead, he might knock out alphabet chin-ups, where he works his way from A-Z describing the shape of each letter with his body. That, according to Mick, is a challenge that forces the muscles to work in new ways. "Every time we work out, I'm aiming to shock Jake's body with a new exercise or a new movement. We're constantly changing the dynamic. That way we avoid plateaus."

It's a training mode that replicates the demands of the octagon both physically and mentally. Just as Jake's body is constantly confronted with new challenges, so his mind is perpetually forced to master new patterns of movement. In this way, the sessions don't just build new muscle fibres – they also build fresh neural connections. "You can end up in some weird positions in a fight," says Jake, "so you need to be explosive from every angle." It's a truth that relates to the mind as much as the muscles.

ABOVE AND BEYOND

Creating a flexible mind is one thing – creating a strong one is something else entirely. To this end, Mick will take Jake out to an old, flooded quarry near their home on Melbourne's northern fringe. Surrounded by fiendishly steep hills, this is the perfect stage to test his charge's will.

The sessions will usually start with three-kilometre laps around the quarry. Then it's sprint ascents of a towering staircase. Next comes all-fours scrambling up a cliff-like

hillside. When Jake's bent double, Mick will give him another handful of reps. "If Dad says you've got to do five, then you've got to do five. There's no stopping early. Even if you're on all fours, you've got to keep going, keep moving, finish it off."

Mick describes these sessions as "psychological training". Sometimes, if he's feeling particularly malevolent, he'll even have Jake swim laps of the quarry in his clothes. "I'll push Jake to the point of physical exhaustion," he explains, "then I'll demand some more out of him. We only do this rarely – once a week, once a fortnight – but we do it to develop his mental strength. And it's an integral part of our training right now."

The worth of these sessions will only ever be revealed in the darkest depths of a fight. By his own estimation, Jake has never been taken to the brink in the octagon. He shrugs: "I've been in one fight that went the distance, but it wasn't too hard. I've never reached a point where I've thought, this is getting tough." He grins: "But I know when that day comes, I'll be ready."

STEP IT BACK

This ferocious tempo, of course, can't be maintained indefinitely. In a sport as rugged as MMA, injury, illness and burn-out are constant spectres. For this reason, Mick will sometimes pull Jake aside and tell him to take a day off. "He's 20 years old and he doesn't realise when he's tired," laughs Mick. "He just wants to push and push and push. My philosophy is: if you're not getting what you want out of your session, go home, get some food into you, get some sleep and come back the next day with a renewed vigour."

While Jake invariably resents these days on the couch, he recognises their worth. Conversations with UFC veterans like Kyle Noke, Jon Jones and Georges St-Pierre have imparted a valuable lesson: if you want to last, you need to train smart. "These guys have got injuries now and they all wish they could go back to the start and train smarter," he says. "And that can only come with rest. If you're tired and you try to train through injuries, you're going to hurt yourself."

Besides, the Celtic Kid is in this for the long haul, his furious work ethic driven by an incandescent ambition. Ask him how far he wants to go and doesn't miss a beat: "I want to go all the way. All the way." →

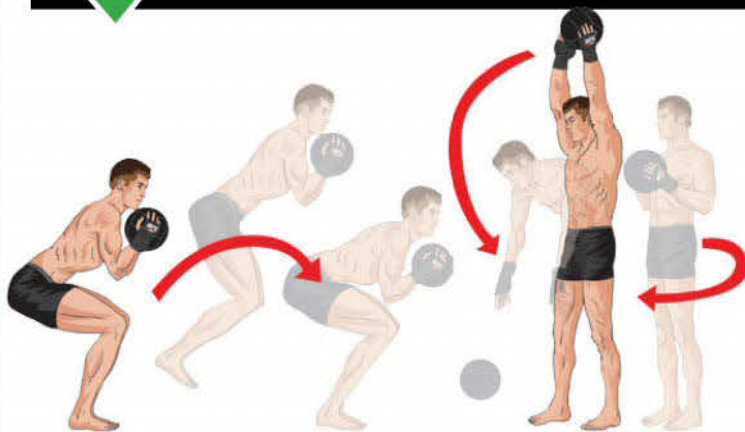
Matthews' next fight is against undefeated Texan James Vick in Adelaide on May 10. Visit au.ufc.com

The Celtic Kid Workout

The octagon is a take-no-prisoners space that calls for agility, endurance and, above all, full-body power. This interval-style workout caters to these demands, building supreme functional strength. "I think the more movement and the more muscle groups you can involve in the one exercise, the better results you're going to get," says trainer Mick Matthews. "You've got to teach your muscle groups to work together."

DIRECTIONS

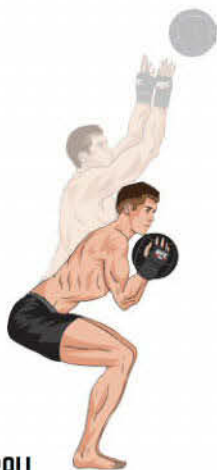
Complete this circuit once, resting for 60 seconds between each exercise.



FROG LEAPS INTO OVERHEAD SLAM

(repeat for two minutes)

Mark out a 15-metre track. Holding a medicine ball against your chest, drop into a deep squat then drive into a vertical leap. Land and drop straight into the next jump. After travelling 15m, turn, take two steps, and overhead slam the ball into the ground. Continue for 15m.



MEDICINE-BALL VERTICAL THROW

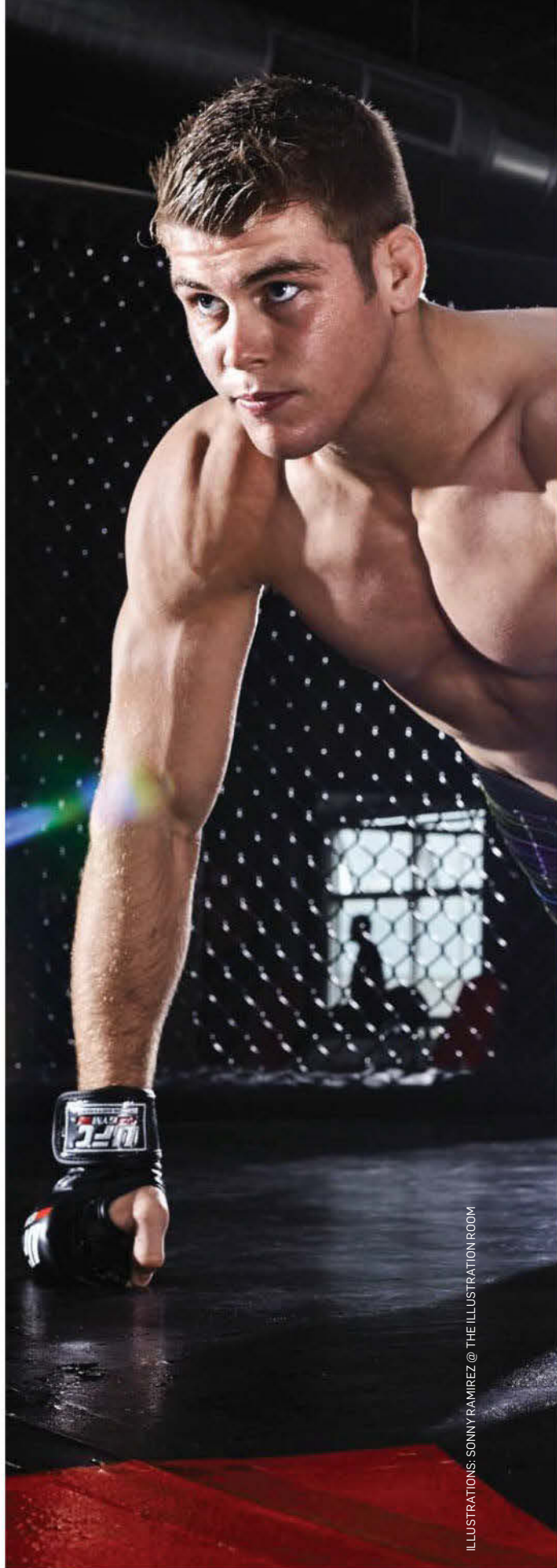
(five reps, rest for 10 seconds; repeat for two minutes)

Stand with a medicine ball against your chest, your feet shoulder-width apart. Drive the ball upward, throwing it against a wall as high as possible. Catch the ball and drop into a deep squat. Drive out of the squat and straight into the next throw.

KETTLEBELL SNATCH

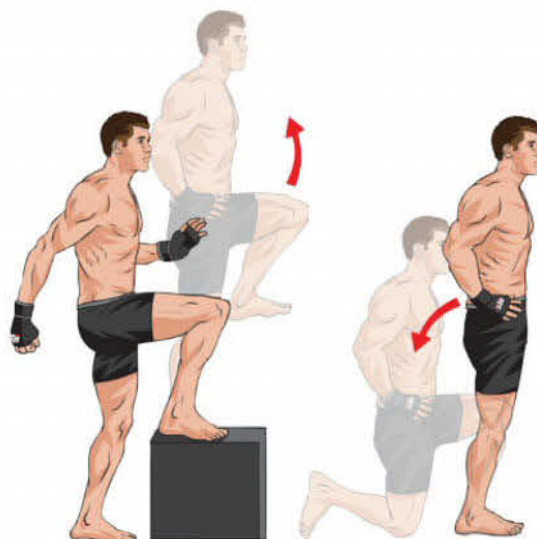
(five reps on each arm, rest for 10 seconds; repeat for two minutes)

Place a kettlebell on the floor in front of you. Sit into a squat and grab the kettlebell with your right hand. Drive upward, hoisting the 'bell to chest height. Dip under the 'bell and "catch" it at shoulder height, then drive it straight up over your head.



ILLUSTRATIONS: SONNY RAMIREZ @ THE ILLUSTRATION ROOM

"I'VE NEVER REACHED A POINT WHERE I'VE
THOUGHT, THIS IS GETTING *TOUGH*. BUT I KNOW
WHEN THAT DAY COMES, I'LL BE READY"



SINGLE-LEG STEP-UP INTO LUNGE

(Five reps on each leg, rest for 10 seconds; repeat for two minutes)

Place a knee- to thigh-high box in front of you. Step onto the box with your right leg and drive your left leg to your chest. Lower yourself, placing your left foot back on the ground. Step back with your right foot and drop into a lunge. That's one rep.



SINGLE-ARM KETTLEBELL SWING

(repeat for two minutes)

Stand with a kettlebell in front of your toes. Sit into a squat, grab the 'bell with your right hand and swing it back between your legs. Drive your hips forward, lifting the 'bell to chest height. Swap hands with the 'bell in front of your chest and repeat.



THREE-POINT DUMBBELL MOVE

(repeat for two minutes)

Stand with a light dumbbell in each hand. Keeping your back straight and your elbows tucked in, do a biceps curl, then drive the dumbbells up into shoulder press, then lower the dumbbells into a triceps press. That's one rep.



PULLOVERS

(10 reps, rest for 10 seconds; repeat for two minutes)

Lying on a flat or decline bench, hold a dumbbell above your stomach. Drive the weight up until it's above your eyes, then lower it behind your head. Keeping your arms straight, pull the dumbbell back to your stomach.



WEIGHTED SLEDGE PUSH

(three reps of 15m, rest for 10 seconds; repeat for two minutes)

Mark out a 15m track. Grab the handles of a weighted sledge and drop into a "scrummaging" position where your knees are bent 90°, your back parallel to the floor. Drive the sledge 15m as fast as possible. If you don't have access to a sledge, do a bear crawl instead.



SUSPENDED ANIMATION

Your workouts shouldn't be routine. Strap in for the ultimate metabolism-boosting muscle builder

Don't let the minimalist design fool you: suspension trainers like the TRX offer distinct advantages over barbells and dumbbells. "They're incredibly portable – if you have access to a doorframe, tree or other stable anchor, you have all you need for a total-body workout," says Michael Piercy, the 2013 TRX Overall Instructor of the Year. By taking exercises off *terra firma*, you add an element of instability that boosts the challenge to your core and stabilising muscles. The result: faster gains and functional, real-world strength. "Suspension training systems bring a whole new dimension to the concept of body-weight training," says Piercy. The key is learning to leverage your body's relationship with gravity.



BEST NEW WORKOUT:

Torch 1000 Calories

In one hour, your weekend indiscretions will be history

HOW TO DO IT

Perform the exercises here as a circuit, doing each for 30 seconds and resting for 15 seconds between them. After you complete all five moves, begin the circuit again. Do four circuits in total, increasing your rest periods by 15 seconds each time.



1 GOBLET SQUAT

Hold a dumbbell vertically next to your chest, cupping one end in both hands. (Imagine that you're holding a heavy goblet.) Push your hips back and lower your body as far as you can while keeping your back straight. Pause, then push yourself back up to the starting position.



2 EXPLOSIVE INCLINE PUSH-UP

Assume a push-up position but with your hands on a bench, box or step. Bend your elbows and lower your body until your chest is a few centimetres from the bench. Push yourself back up with enough force for your hands to leave the bench. Land and repeat.

NAIL THE BASICS

"You have to earn the harder movements," says Piercy. "Jumping ahead without mastering the fundamentals will give you a shaky foundation, and you won't have the skills you need to maximise your gains from the harder progressions." You'll also be more prone to injury. Begin with the basic exercises on the right – these will hit all the big muscle groups.

LOCK DOWN YOUR CORE

Unlike a stable bench, a suspension trainer puts your muscles in a constant battle with gravity. "Gravity always attacks your weakest point," says Piercy. "For most people, that's their core." Fight back by bracing your abs at the beginning of each exercise. That way you reinforce your spine and boost stability. The payoff: a rigid torso will generate more power.

AVOID FRICTION

"If you don't apply even pressure to both handles, they'll 'saw' back and forth, throwing you off balance and increasing your risk of injury," says Piercy. "Scraping" (when the straps rub against your arms) is another sign of bad form. "If you can't finish an exercise without sawing or scraping, you're probably progressing too quickly," says Piercy.

START HERE

3 MOVES FOR A TOTAL-BODY BURN



1 TRX CHEST PRESS

Grab the handles and face away from the anchor point with your feet shoulder-width apart. Extend your arms straight in front of your chest and walk back a few steps so your body leans forward. Keeping your body straight, bend your arms to lower your chest until your upper arms are parallel to the floor. Pause, then push back up.

MAKE IT HARDER

Walk your feet farther back or lift one foot off the floor.

2 TRX ROW

Grab the handles and face the anchor point with your feet shoulder-width apart. Straighten your arms out in front of you and walk your feet forward a few steps so your body leans back. Keeping your body straight, pull your chest to the handles. Pause, then return to the starting position.

MAKE IT HARDER

Walk your feet farther forward or perform a single-arm row (see "Do It One-Handed").

DO IT ONE-HANDED



Here's how to combine the handles for single-arm or suspended-leg exercises: hold one handle in each hand. Pass the bottom handle through the upper part of the top handle [A]. Repeat [B], pulling to lock [C].



3 TRX SQUAT

Use the same starting position as the TRX row, but instead of extending your arms in front of you, hold them at 90° angles with your elbows by your sides and the handles at chest level; there should be light tension on the straps. Push your hips back and lower your body until your thighs are parallel to the floor. Reverse the move to return to the starting position.

MAKE IT HARDER

Perform a single-leg squat or add an explosive hop.

3 KETTLEBELL SWING

Place a kettlebell on the floor in front of you. With your feet slightly beyond shoulder width, push your hips back and grab the handle in both hands. Swing the weight between your legs, then thrust your hips forward as you swing it up to chest level. Swing it back between your legs and repeat.

4 ROLLING SIDE PLANK

Lie on your left side with your legs straight and body propped on your left elbow and forearm. Your body should be straight from ankles to head. Roll onto both elbows and hold for a count of two. Then roll onto your right elbow and hold for a count of two. Continue rolling back and forth.

5 INVERTED ROW

Secure a bar at waist height and slide beneath it. Grab it using an overhand, shoulder-width grip and hang with your hands directly above your shoulders. Keeping your shoulderblades back, use your arms to pull your chest to the bar. Pause, lower yourself to the starting position, and repeat.



TRAINER
Robert dos Remedios
strength and
conditioning coach

BEST FOR Dropping kilos fast, building lean muscle

EQUIPMENT Dumbbell, kettlebell, bench, adjustable bar

FOCUS Weight loss, stamina, mobility, strength

KILOJOULES BURNED 4180 (1000 calories)

When performed by a fit 185cm, 80kg man, and including an estimated post-exercise 24-hour kilojoule burn

TRADE SECRETS

JUST KEEP GOING

Build a bulletproof mind with these tips from an Australian Army veteran who stared down death in Afghanistan



EXPERT: Michael Lyddiard

ACHIEVEMENT: Lyddiard lost his right arm and right eye to a bomb in Afghanistan in 2008, and is now aiming to qualify for the Australian 2016 Paralympic team in triathlon. He is also an ambassador for veterans' support group Soldier On.

FINISH THE JOB

"When that bomb went off in Afghanistan, the only thing that kept me going was the camaraderie of my mates. We were there to do a job – I couldn't let them down."

GO FURTHER

"The fitter I get, the more I need to challenge myself. Never find a run challenging enough; never find a swim hard enough. Use exercise to build mental resilience."

PICK YOUR BATTLES

"With my injury, the simplest tasks can be hard. There are days when I'm physically and mentally exhausted by doing up buttons. So I put a T-shirt on instead. Sometimes you've got to be kind to yourself."

CHERISH YOUR MATES

"When people have PTSD, they often don't feel welcome in society. But the social circle I've built encourages me to get out. I'm not hiding in a room and thinking about the past – I'm thinking about the future. Without support, nothing's achievable."

DON'T FIGHT GRIEF

"I lost a lot of mates in Afghanistan – and I don't think I'll ever deal with that. I just remember the good things; remember what we had. I call upon their strength when I'm struggling."

OVER THE TOP

"You've got to challenge yourself. Everyone knows where their barriers lie – strengthen yourself by breaching those barriers. Breach one barrier and it will give you the excitement to breach the next one."

THE ULTIMATE PANACEA

"When it was brought to my attention that I had PTSD, I decided not to go on medication. I didn't want to accept I had a mental illness. But one thing I did note: when I went for a run or a swim, I was physically and mentally exhausted. It felt good."

ONLY THE TOUGHER SURVIVE

IN JUNE'S *MH*

NEXT MONTH

ON SALE
MAY 11

THE MAVERICKS — OF — HEALTH

In our special Maverick issue, we meet the men – including Samuel L Jackson – who are going against the grain and changing the game.

LEVON BISS



BUGGIN' OUT

Bulk up on the insect diet. Find out why you should chow down on the world's most abundant protein source.

COULD YOU GO ROGUE FOR A WEEK?

Men's Health staffers try out some left-field ideas for healthy living, from giving up swearing to swearing off smartphones.

CEASEFIRE OF THE SEXES

Trouble on the home front? *MH* shows you how to broker peace in the most common areas of relationship conflict.



FOOTY FARE

A pre-match bowl of cereal might have cut it when you were running around in the under-10s. But if you're looking to fuel serious performance, here's your upgrade

Remember waking up before your first footy match of the season? Your blood's pumping, your adrenaline's fizzing, your nerves are crackling – then your gut rumbles, reminding you that if you're going to make that last-ditch tackle in the final minute of the game, you're going to need a man-sized feed packed with energy-delivering nutrients.

Sure, you could nip out to your local cafe and order the big brekkie. But beware the pitfalls of added sugars, saturated fats and high-GI white bread. This bacon and egg hash brown roll, on the other hand, has the perfect balance of protein, good fats and slow-release carbs to keep you kicking goals.

What makes this breakfast a match-winning combo? Let's take a closer look at the three main elements. Firstly, the sweet potato hash is a quality source of energy. As a low-GI starchy carb, the sweet spud will provide a hefty payload of slow-release energy for your body, allowing you to go hard from first whistle to final siren. Don't be tempted to toss a couple of slices of white bread in the toaster as a replacement – that sort of cheap, high-GI ring-in will offer only a sharp burst of energy that'll fizzle to gnawing hunger within hours.

This meal also packs a solid protein punch via the eggs and bacon. Both will provide the building blocks your muscles need to work hard, grow strong and repair fast. The eggs alone are a natural source of at least 11 different vitamins, minerals and antioxidants – vital to ensuring you last not just the match but the entire season.

While most blokes appreciate the importance of protein and carbs, it's crucial you don't neglect fats. When I was a kid, fat was the nutritional Antichrist. Thankfully, the paradigm has shifted. Fat is a vital fuel for the brain, keeping your thinking sharp and focus clear. So don't be afraid of the fats you'll find in avocado, egg and coconut oil. In fact, beyond

mental clarity, the omega 3 fats in eggs and avocados also protect your body against heart disease, inflammatory disorders and certain autoimmune diseases. Hell, about the only thing they can't do is soften the impact of that off-the-ball shoulder charge...

You'll note this recipe's for four. My suggestion? Invite some of your teammates around for a pre-match feed. As payback, they can get the first few rounds of beers after you send the opposition to the cleaners.

THE WORKOUT:

First game of footy for the season

THE RECIPE:

Bacon and egg hash brown roll

BACON AND EGG HASH BROWN ROLL

- 650g grated sweet potato
- 2 tbsp coconut flour
- 6 eggs
- Dash of coconut oil
- 8 rindless bacon rashers
- 1 avocado, sliced
- 4 lemon wedges

1 Combine the sweet potato, flour and two eggs in a bowl. Season with salt and pepper. Add a dash of coconut oil to a frying pan and heat over medium heat. Press quarter of the sweet potato mix onto the pan. Cook until firm underneath and set on top; around four minutes. Remove from pan and repeat with the remaining portions.

2 Heat another large frying pan over medium heat. Cook the bacon, turning occasionally; three minutes. Add the remaining eggs and cook, sunny-side up, until the whites have set; two minutes.

3 Place a hash brown on a thick paper napkin. Top one half with bacon, egg and avocado. Add a squeeze of lemon and season with salt and pepper. Fold hash brown to serve. Serves 4

YOUR SUPER CHEF



Trainer Luke,
The Clean Living Cook
A PT and lover of healthy food, Luke Hines is the co-author of the Clean Living series of cookbooks



**EGGS ARE A NATURAL
SOURCE OF 11 DIFFERENT
VITAMINS, MINERALS AND
ANTIOXIDANTS – VITAL TO
ENSURING YOU LAST NOT
JUST THE MATCH BUT
THE ENTIRE SEASON**

PHOTOGRAPHY: STEVE BROWN



COOK THIS RECIPE
USE THE FREE VIEWA
APP TO SCAN THIS PAGE
AND MAKE LUKE'S ROLL



LOOK YOUR LEANEST ON DATE NIGHT


Sure, the Atkins diet produced some stunning fat-loss results. But it also created its fair share of health problems. Here's how to reap the rewards without the risks



TEN YEARS AGO, you couldn't move for people living (and certainly breathing) Atkins. And, yes, the fad was supported by hard visual evidence. Excess weight fell off devotees in the short-term – partly due to water loss, which left their muscles looking particularly defined.

But the stunning results aren't achieved without risks. Bidding farewell to bread, beans and rice can also lead to ugly drawbacks like vitamin deficiency, constipation and halitosis, to name a few. "You're also draining the body of water, as carbs are stored with H_2O ," says Lucy-Ann Prideaux, of Simply Nutrition.

So we're suggesting a less fanatical approach: cut carbs only on days where you need to look your best. Hot date? Ditch the grainy gut luggage – the initial water loss will have your muscles popping. But after looking your (slightly dehydrated) best for that Adriana Lima lookalike from HR, a moderate reintroduction of carbs lets you dodge any health issues. Think of it as meaty results without the risks.






THE DIET
ATKINS

IN A NUTSHELL
Thou shalt not eat carbs! Neither bread nor pasta nor rice. Cut them to cut body fat

THE MH EDIT
Save the complete carb purge only for days when you need a little nutritional liposuction

THE ATKINS OVERHAUL

 <p>BREAKFAST Sirloin or rump steak and scrambled eggs</p>	 <p>LUNCH Lean turkey and mixed green vegetables</p>	 <p>DINNER Salmon and mixed greens with butter</p>
A protein-heavy breakfast will prevent later carb cravings	Retain muscle density as you rehydrate with water-rich veg	A final hit of fat and protein gives you energy minus the bloating

MHI ESSENTIALS

Our guide to what's happening and what's new



YOUR SKIN'S BEST FRIEND

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CHC70468-03/15

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IT'S ABOUT TIME

The AW15 watch collection from Ben Sherman emulates the brand's contemporary modernist look whilst representing their place within British style culture. Named after Ben Sherman's iconic London store locations, the collection offers a range of styles from modern classicism and daytime elegance, to sports-style multi-functionality. Visit shop.bensherman.com.au



ENJOY A FITNESS CHARGE

Push new limits, increase your fitness and improve your overall health with the Fitbit Charge HR, from \$194. Every beat counts as it continuously monitors your heart rate, all-day activity, workout regimens and sleeping patterns. Stay motivated and view progress by also syncing your stats automatically via your smartphone and computer. Stockist: officeworks.com.au

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The Aussie kangaroo is a lean, mean, fighting machine. These qualities deliver a terrific source of high-quality protein. A 150-gram serving of cooked kangaroo fillet provides an average adult with 92 per cent of their daily protein needs. What's more, kangaroo is impressively low in fat, and particularly low in undesirable saturated fats. All the more reason to eat up and enjoy! Available in supermarkets. Find out more at gourmetgame.com.au

DISCOVER

THE CANADIAN ROCKIES

Rocky Mountain High

Ben Jhoty hit the Canadian Rockies to discover the transcendent powers of getting on a roll



Main: Ben at his best on a rare Rockies flat stretch. Inset: Ben and Jeff set for adventure; a horny friend looks on at Num-Ti-Jah Lodge.



WHAT

Starting in Jasper, this ride takes you south through the Canadian Rockies to Banff, a distance of 290 kilometres.

WHY

The route takes in the Icefields Parkway, rated by *National Geographic* as one of the 10 most beautiful roads in the world. Along the way you'll cycle Bow Summit, at 2088 metres Canada's second highest public road.

HOW

Air Canada (aircanada.com) flies direct to Vancouver, then get a connecting flight to Calgary. From there, get a bus to Canmore. United (united.com) also flies to Calgary via San Francisco. Bring your own road bike or hire one from Trail Sports at the Canmore Nordic Centre (trailsports.ab.ca)

There's a scene in the film *The Secret Life of Walter Mitty* when Ben Stiller, who plays the titular negative-assets manager, goes careering down a winding stretch of road in rural Iceland on a skateboard.

Bathed in late-afternoon sunlight, Mitty's heart-stirring descent is accompanied by a rousing score amid some of the most stupendous scenery on the planet. It's so cheesy it could be a Coke ad, but from the moment I saw the scene I've wanted to create my own "Mitty moment". After all, who doesn't want their life to look like a big-budget commercial every now and then?

Well, I've had my Mitty moment. Plenty of them in fact. The stretch of road between Jasper and Banff in the Canadian Rockies coils through mighty snowcapped peaks, traces turquoise lakes and practically kisses chunky white glaciers.

I've been taking it all in from the saddle of a road bike, but I'm a long way from euphoric right now. Instead, I'm close to despair as I round the bend on a climb stretching 6.5km on a 10 per cent gradient.

The scenery is still spectacular. Snow-filled fir trees drape hulking peaks, glinting in the early evening light like diamonds on the neck of an oligarch's mistress. But right now I'm too exhausted to care.

Instead, my mind's zeroed in on the pain in my glutes from 10 straight hours in the saddle. It's on the burn in my Achilles tendons, which due to my soft-soled shoes, have absorbed the full force of my pedal stroke. And it's on the knotting in my deltoids thanks to the piercing cold that's caused me to strangle the life out of my handlebars.

But most specifically it's on the few metres of road in front of my wheel, because all the alpine splendour in the world cannot hide the plain truth. The flipside of every thrilling descent is a brutal climb. A good ride, and indeed a rich life, is filled with both. You've just got to roll on. →

DISCOVER

Day 1

Jasper to Sunwapta Lodge:
59.6km

The town of Jasper is one hell of a place to start a bike ride. Founded in 1813, the former fur-trading outpost sits in the Athabasca River Valley, surrounded by rugged mountains and dense, woody forests. You could finish a ride here and feel like you've made it to the promised land.

Instead, I and my guide Jeff Bartlett, a seasoned touring cyclist who rode the length of Argentina for his honeymoon, are doing our best to leave the pretty town in our tracks. Jeff's a bearded, laconic dude who, like a lot of blokes who inhabit the mountains, lives for ice hockey and the outdoors. "We're doing about 25km/h," he tells me as we head south on Highway 93A, explaining that it's rather speedy for the short distance we need to cover today.

The reason I suspect we're pedalling so hard is to keep warm. Unseasonably cold weather has seen the overnight temperature in Jasper plummet to -4°C. My hands and feet are stinging.

We track the Athabasca River for most of the morning and decide to break at Athabasca Falls, a quartzite, limestone gorge in which milky whitewater plunges into an aquamarine pool. But it's too cool to stop and linger long. We hop back on our bikes for the last 20-odd kilometres to our overnight accommodation at the quirky and cosy Sunwapta Lodge. "Today," Jeff tells me rather ominously over dinner that evening, "was a good warm up for tomorrow's riding."

Day 2

Sunwapta Lodge to Num-Ti-Jah Lodge, Bow Lake:
132km

Today I'll ride 40km further than I've ever ridden before. I'll climb higher and descend longer and quicker.

I start with a classic Canadian breakfast – French toast with bacon and maple syrup. While I'm a little unnerved by the decadence of the meal, Jeff tells me not to worry. "This is a 20,000-kilojoule day, easy," he says. "You'll find it hard to eat enough."

The Sunwapta Valley features seven peaks above 3000m with seven major glaciers lolling off them like icy white tongues. For the first 40km or so I barely notice that we're trending uphill. It's not until we reach the Icefields Parkway and hit the aptly named Tangle Hill that the complexion of the ride abruptly changes. The hill is 5.9km on an average five per cent gradient, but it spikes to a savage 18.4 per cent at its steepest. A doozy in other words.

For the first time on this trip I'm out of my seat but, with the sun piercing a deep blue sky, I find the majesty of the winter wonderland largely distracts from the discomfort. Crystal rivulets of icy mountain water trickle down rock faces while a party of big-horned sheep scamper along the side of the road next to me.

It's after lunch that I get what I came for. It's well and truly Mitty time as we blast down a winding 40km descent at close to 65km/h. I have a smile plastered across my face as the wind whistles in my ears. Like many of life's pleasures, however, it will be short-lived.



GET HIGH AND LOW

Lose Yourself In Mountain Bike Heaven

Originally built for the 1988 Calgary Olympics, the Canmore Nordic Centre offers world-class cross-country skiing in the winter and over 100km of mountain-biking trails in the summer. Take a map – it's easy to get lost.

albertaparks.ca/canmore-nordic-centre.aspx

Disappear Down A Hole

Carrying extra baggage around your waistline? You'll wish you skipped the buffet as you climb, squeeze and slide your way through manhole-size tunnels in Rat's Nest Cave under Grotto Mountain in Canmore. If enclosed spaces don't get your pulse racing, an 18m abseil in the dark definitely will.

canmorecavetours.com

Scale A Rockface

See Banff from the Rocky's nose-bleed section by doing the Norquay Via Ferrata. Popular in Italy's Dolomites, the via ferrata (iron road) allows you to enjoy hair-raising views in relative safety – you're secured by ropes and carabineers. Worth it for the photos.

summerbanffnorquay.com

Below: this way for pain.
Right: Canadian road fuel.





By around 4pm we're trending uphill again along Bow Summit, Canada's second highest public road. My body is beginning to issue protests, with noisy picket lines mounting siege to Achilles, deltoids and glutes.

It's tough going but as the sun dips behind the mountains a few hours later, Jeff looks back and smiles. "Just one more punchy little hill to go, around 1.5km," he promises. Punchy? The word arouses suspicions for good reason. Jeff and I will be debating both semantics and distances by the end of the night.

By the 3km mark I'm filthy with Jeff. I look despairingly up at the road,

which continues to wind onwards and upwards. Since it offers no signs of respite I look imploringly to the tree line in the distance but it, too, continues to rise mercilessly.

As we close in on 40 minutes of continuous climbing I can make Jeff out ahead. He's stopped, which I can only hope means the end is nigh. As I approach him I let him know that 1.5km must be measured very differently in Canada. He's apologetic, telling me the climb is actually closer to 6km on an average six per cent gradient, reaching a "punchy" 10 per cent in sections.

He asks how I'm feeling. "Punchy," I reply.



Even the toughest road warriors need a break.



Day 3

Num-Ti-Jah Lodge to Banff:
95km

We wake to another icy morning. My body has come up sore and I don't feel in any condition to ride. Thankfully, it's mostly downhill as we head into Lake Louise. The downside is that we're lashed by a bitter wind.

We stop for lunch near Lake Louise, probably Canada's most photographed lake. Marilyn Monroe filmed *River Of No Return* here in the Fifties. Jeff reckons the nearby Moraine Lake is the prettier body of water, although I'd say it's like trying to pick between the Minogue sisters (it's close, but Kylie for mine).

We do our best to warm up, then hit the road again, taking the Bow Valley Parkway, a quiet, smooth road that snakes through woodland. I'm keeping my eyes peeled for signs of grizzly bears, but the cold must be keeping them away today (or else Jeff's been fibbing again).

At a rest stop we get talking to a Filipino couple riding from Alaska to the bottom of Argentina on fat-tyred mountain bikes. Already the bloke's face shows a grizzled, hollowed-out leanness. I wonder how much will be left of him by the end of such an epic ride?

But while the weight will likely drop off them both, one thing the couple probably won't lose is the smile on their faces. As we roll into the resort town of Banff I have to concede that, while three straight days in the saddle has been enough to reduce my body to a hobbling wreck, mentally I'm doing cartwheels.

Jeff reckons once you do three weeks or more on a bike all your aches and pains disappear. Climbs and descents cease to register. Moments of pure ecstasy – the Mitty kind – bleed into the hours of ceaseless toil. They become one and the same.

Makes sense to me. Because in the end, there is just the road, not upward, not downward, just onward.

BEASTS OF BURDEN

THE ROCKIES ARE A HAVEN FOR LARGER-THAN-LIFE ANIMALS. LOOK OUT FOR THESE HEAVY HITTERS



Grizzly Bear

Brown-furred and big (up to 2.5m tall and tipping the scales at 350kg) grizzlies can move at 48km/h – faster than Usain Bolt.



Black Bear

Despite their name, black bears can be blue-gray, blue-black or brown. Smaller than a grizzly (1.8m and 90-270kg), during their winter dormant period they don't eat, drink, urinate or defecate. True masters of their domain.



Moose

The largest member of the deer family, the long-legged moose can grow over 2m tall and weigh up to 700kg.



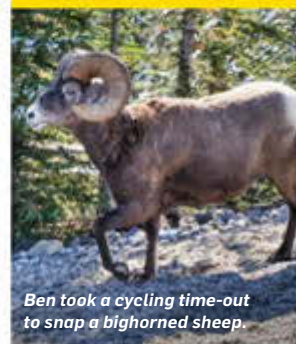
Mountain Goat

Distinguished by their white coats, beards and short black horns, these alpine acrobats can do 360s on the narrowest of precipices.



Bighorn Sheep

With sandy-colored coats and cream-coloured rump patches, rams have massive curled horns that grow a new ring every year.



Ben took a cycling time-out to snap a bighorn sheep.

UNCOMMON KNOWLEDGE

THE INSIDER'S GUIDE TO EVERYTHING

DATA BOMB

Make Your Friends Wet Their Pants

It's funny how seriously some researchers study comedy. Dr Peter McGraw, a quantitative psychologist, runs the Humour Research Lab (code name: HuRL) at the University of Colorado at Boulder. His universal theory of guffaws: good jokes find the sweet spot between too tame and too dirty. According to McGraw, this is the "benign violation" zone. (Seriously, that's what it's called.) Here's how to benignly violate your friends.

— Joel Warner

● YAWN (strictly benign) ● LAUGH (benign violation) ● GROAN (malign violation)



DIRTY JOKES

McGraw says: a risqué joke is a clever way to explore taboos – but among peers, not family.

What should you do if your girlfriend smokes during sex? Tell her to put her butt out.

Telling the joke below to your 90-year-old grandmother.

What do you do if your girlfriend smokes during sex? Use lubricant.



VISUAL

McGraw says: combining cute and scary in a surprising way is golden.

Photo of a cute kitten.

Photo of a deadly handgun.

Photo of a kitten with its paws up facing a pointed gun.



ONE-LINERS

McGraw says: the success of one-liners hinges on wordplay, puns and being way too literal.

I'll always remember my father's last words before he kicked the bucket: "Don't worry, I'll do it later."

I'll always remember my father's last words before he kicked the bucket: "I'm not your real dad."

I'll always remember my dad's last words before he kicked the bucket: "Wonder how far I can kick this bucket."



DEROGATORY

McGraw says: the subject of the joke is also the butt of the joke. Be careful.

What does a lawyer get when you give him Viagra? A hard day in court.

Telling the joke below to your short lawyer neighbour.

What does a lawyer get when you give him Viagra? Taller.



BODILY FUNCTIONS

McGraw says: this brand of humour is juvenile, so it really only works well with kids.

Making fart noises in front of Francis, your one-year-old nephew.

Passing gas in front of Frances, your 85-year-old great-aunt.

Actually farting in front of Francis, your 15-year-old cousin.



PRANKS

McGraw says: embarrass the target but make it easy for them to recover.

Taking care of your mate as he sleeps off a bender by waking him up every few minutes to check his vitals.

Taking a marker to your mate as he power naps before a big job interview.

Taking a marker to your mate as he sleeps off a bender.



ALPHA MALE

Defy Death at the Office

Daredevil Nik Wallenda has crossed the Grand Canyon and Niagara Falls and even walked blindfolded between two Chicago skyscrapers on a ribbon-thin wire. No net, no harness. Here's how the renowned tightrope walker stays sharp when the stakes are high—and how you can elevate your own career.

1

PRACTISE PUSHING YOUR LIMITS

"In training, I have people shake the wire, hit my pole and try to shove me off," Wallenda says. "If I know the winds on the day of a walk might be 80km/h, I turn the wind machines to 140." Prepping for worst-case scenarios helps Wallenda stay calm at go time. If you're giving a presentation, brainstorm answers to all the worst questions you might be asked. And plan how you would condense everything if the boss shortened your time by 10 or 20 minutes. You'll be more nimble if needed.

2

VISUALISE VICTORY

As mental preparation, Wallenda spends hours scoping out the terrain and imagining himself conquering it. "When the time comes, I feel at ease because I have a mental picture of myself doing the walk," he says. You can use similar techniques for important meetings. Show up early. Look around the room and picture where you'll stand, what you'll share and how confident you'll be. Do a dry run if you can. The real thing should feel automatic.

3

BUILD A BACK-UP PLAN

Falling could be fatal, so Wallenda makes sure that won't happen. He's able to dangle from the rope for 20 minutes, and he's taught his crew to mount a rescue in 90 seconds. He triple-checks all rope anchors. For your own make-or break challenge (like a client meeting), expect the unexpected: keep a set of clothes and copies of paperwork in your car. (Upload big files to Dropbox.) So if you spill coffee on your suit or papers, you'll regain balance fast.

—Lila Battis

475m

The distance Wallenda will attempt to cover on August 11 at the Wisconsin State Fair – his longest ever walk.

Q Dave,
I accidentally copied a friend on an email joking about his ballooning weight. He hasn't replied. How do I make this right? —TT

You feel like a dick, right? Good. Now it's up to you to convince the guy that you're not one. Go see your friend, or call if you can't face him. Tell him you just read what you wrote and that you feel ashamed. If he asks, it was an isolated crack, a boneheaded attempt at humour. I don't care if you have to lie – just make it convincing. But when you tell him you'll be a better friend in future, say it sincerely. Then do it. And next time you start throwing jabs, man up and make sure they're directed at somebody who's actually there to defend himself.

Q Hey Dave,
My girlfriend splits custody of a dog with her ex. To be honest, I hate the mutt. Should I ask her to give up custody? —RC

No way, mate. Not if you want to keep the girl. You might not see it, but that animal is like a kid to her. If you ask her to abandon it – even if she agrees – she'll end up resenting you later on. And let's be honest: that pooch is probably the most noble beast here. I'm willing to bet you can't stand the dog because it reminds you of her time with that ex. Why not give it a chance? That mutt probably deserves more credit than you think.

Q Dave,
My wife gives me grief about my clothes (typically a T-shirt and boardies). She reckons I should dress like "an adult". Is this a fight I can win? —MS

Hell, she's not talking a three-piece suit to take out the garbage. She just wants you to be a better man – or at least a better-looking one. So here's how you both win: ask her to pick out a handful of shirts from your closet that she likes. Look at the labels and go buy something similar. Case closed.



Need another round? Send your questions to Dave the Barman at yahoo7.com.au/menshealth

Weekend Wish List

SEE HOW YOUR SATURDAY AND SUNDAY DOWNTIME STACKS UP

51

Percentage of men who say they live for their Saturdays and Sundays



38 Percentage who still log laptop time for work during those precious weekend hours

1 IN 4

Proportion of men who plan out their weekends a week in advance



53 Percentage of men who like to sleep in on Saturdays



85 Percentage whose internal alarm clock still wakes them up at their typical workday time



23 Percentage of men who say they have sex every weekend night

MAXIMISE YOUR FREE TIME

If your weekend schedule is too clear, you risk spending it on the couch. Make a list of 3-5 activities you enjoy so you don't default to the TV out of boredom, then make a list of friends you haven't seen in a while. "You fall into traps when you don't plan, and you end up seeing the same three people all the time," says Julie Morgenstern, author of *Time Management from the Inside Out*. "If you sit down and work things out by listing the people you want to stay in touch with and the activities you like to do, you'll have fun instead of resorting to the same old habits."

214

Minutes of TV time the average guy logs on a typical weekend day

38

Percentage of men who've lied about what they did over the weekend



59

Percentage of men who use weekends to work on DIY projects at home

47

Percentage who love weekend chores, even though they complain about them



293 Number of extra kilojoules men consume on an average weekend day

Cinematic franchise that keeps them glued to the screen:

James Bond



113

Average weight (in grams) people gain between Friday night and Monday morning



1 IN 3 Number of men who throw back five or more drinks on a typical weekend night



19 Percentage more cash they spend during their weekend outings than on weekdays

44

Percentage who say Sunday afternoons tend to bum them out

1 IN 2



Proportion of men who've lost an entire Saturday watching a movie marathon

BEAT THE SUNDAY BLUES

Weekends are great – until Sunday evening, when you remember the stack of half-done tasks you have to tackle at the office on Monday morning. A quick workout is the best way to reduce stress and stay calm, says psychologist Dr Thomas Joiner. In a study published in the journal *Physiology & Behaviour*, men who ran for up to an hour at 80-85 per cent intensity felt 14 per cent calmer. If you're still feeling anxious after you've hit the shower, try a technique Joiner calls "decatastrophising". Tell yourself: *Monday at work isn't my favourite thing, but it's not a disaster. I've done it before.*

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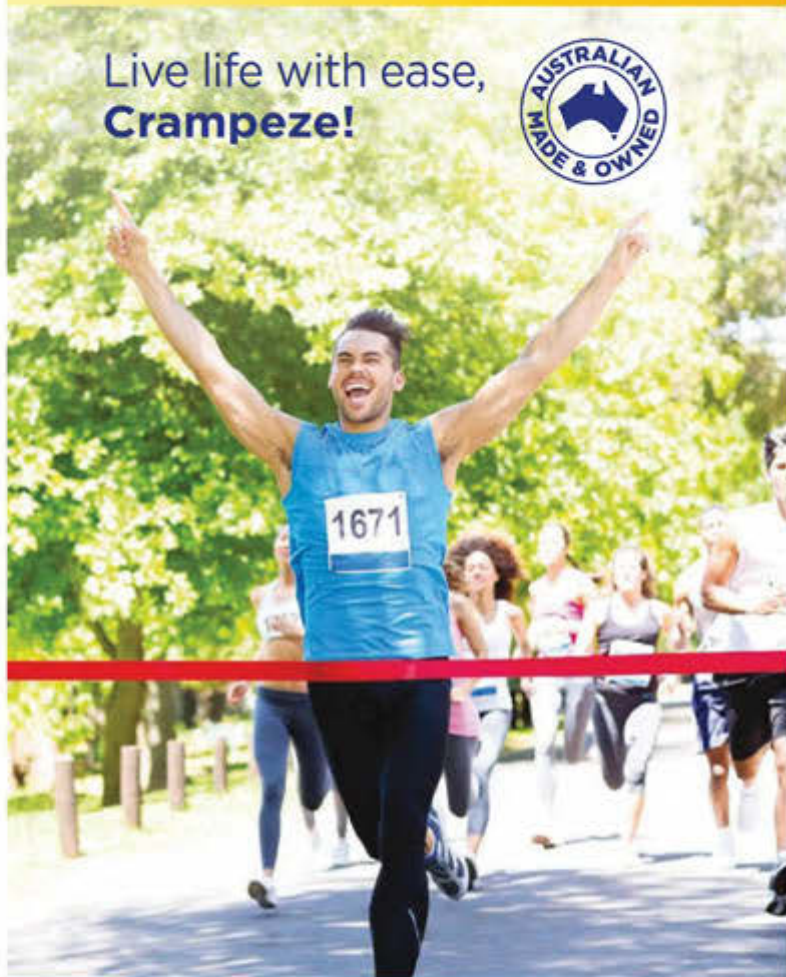
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MH

GUIDE TO

STYLE

AUTUMN/WINTER 2015

WARDROBE
UPGRADES
AND SHARP
NEW LOOKS

TIMELY CLASSICS

FIVE FUTURE-PROOF
PIECES AND HOW
TO WEAR THEM NOW

BODY RESTORATION

GROOMING ESSENTIALS
TO TURN BACK THE CLOCK

TICKING OVER

THE BUYER'S GUIDE
TO VINTAGE WATCHES

NOTE TO NEWSAGENT:
PLEASE DISPLAY
OTHERSIDE

BRING THE QUIET



NEW LYNX BLACK
AN UNDERSTATED GROOMING RANGE

[Q THE QUIET SIDE](#)

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VINTAGE STYLE

A pre-owned timepiece can add old-school class to your look. But follow our buyer's guide to ensure you wind up with the real deal.



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TIMELY CLASSICS

Some pieces outlast fashion, but you needn't give it up altogether. Combine classic staples in an on-point way without going all Zoolander.



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INTO THE WILD

Beat the winter chill this season with strategic layering that's informed by a stylish mix of patterns and textures.



12

THE ART OF MAINTENANCE

Preserve your peak with grooming solutions that ensure you never look past your sell-by date.



COVER CREDITS:

BOSS SUEDE JACKET \$2899
H&M COTTON SHIRT \$29.95
H&M KNIT \$29.95
IL BISONTE BACKPACK FROM HUNT LEATHER \$1025

PHOTOGRAPHER BEN SULLIVAN

STYLIST VIRGINIA VAN HEYTHUYSEN

GROOMING KIMBERLEY FORBES

MODEL MARTIN CANNOVO @ VIVIEN'S MODELS



TO BUY THE PRODUCTS THROUGHOUT THIS SECTION USE THE FREE VIEWA APP TO SCAN THE PAGE

OLD TIMERS

Vintage watches are always *en vogue* and often prove vastly cheaper than the latest models. But they're also a minefield of fakes and Frankenwatches. Follow these old-school rules to wind up with the real deal

1 ASSESS YOUR WRIST LEVEL

If you want to buy vintage, you have three options. Protecting your pocket is as much about where you buy from as anything else. Assume everyone is trying to rip you off until they prove otherwise.



REAL DEALER

Weeding out fakes and even giving warranties, dealers provide peace of mind. "Look for ones who have been around a long time," says Andrew Morgan, editor of *The Watch Magazine*. You won't be rewarded with a steal, but you won't get robbed either.



HAMMER TIME

If you have the time and the savvy, bag a bargain at an auction. But they're not for beginners. "Watches are sold as-seen," says Laura Warrilow, head of pre-owned at Watches of Switzerland. Which means if you buy a dud, you're stuck with it.



WEB BROWSER

"Unless you're really knowledgeable, eBay is a danger zone," says watch dealer Martin Arnold. Sites such as *chrono24.com* host watches from thousands of dealers, so it's ideal for finding particular models. Reputation counts, as you can't physically handle anything.

2

PLAY THE LONG GAME

Andrew Morgan recommends four models that are sure to appreciate. All prices subject to dealer's discretion, watch availability and condition, and blind luck.



TAG Heuer Carrera 1153S

Derivatives of the original race-ready Calibre 11 Heuer Carrera like this are surprisingly keenly priced, but increasing interest in more classic watches is slowly driving prices north.



Omega Seamaster 200m SHOM 166.0177

This iconic Seventies diver was created for France's Hydrographique et Océanographique de la Marine agency. Its rugged octagonal case design ensures it'll make an unmistakable statement on the wrist.



Rolex Submariner 168000

This reference debuted the superior steel used in subsequent Submariners, but only enjoyed a nine-month run in the late Eighties, which means few surface today. Scarcity equals value.



Tudor Submariner 94110

Rolex's sister company Tudor is having a massive resurgence, which has caused a flurry of interest in originals. This Submariner with "snowflake" hands will do the opposite of fall.

3

KEEP IT TICKING OVER
Congratulations! Now help your new (old) accessory live longer with these add-ons



SPRING BAR TOOL
This is handy if the original strap is past its best or you just want to mix up your look. Just take care not to scratch the metal, which will lower the value, or let the spring bar ping across the room.



STRAPS
Straight replacements aside, black and brown options allow you to match your shoes. (NB clasps last longer than buckles.) Besides, wearing the same strap every day is like keeping your gym shorts on at your desk.



WATCH ROLL
This Smythson goatskin travel case (\$660) will help keep your watches safe from unexpected turbulence and careless baggage handlers – and from being flattened thanks to the rounded, removable central bar.

4

KICK THE TYRES

You've unearthed a rare beauty. But don't take your prospective new purchase at face value. These are the troublesome details you should take extra time over

The logo

Better-known brands hold their value. Breitlings, Omegas and Rolexes will resell for close to what you paid, so are good for first-time buyers who might want to move on in a couple of years, says Morgan.

The dial

Dodgy dealers will add rare dials to common watches to inflate their value, Morgan warns. Find an original image then compare the font, number positioning and colouring; a 60-year-old dial should look worn.

Hands and crown

Manufacturers will often replace these parts when they're servicing watches if they deem them too worn. "That can knock thousands off the value," says Warrilow. Ask for a working order service only.

The movement

Like old cars, vintage watches need servicing (biannually ideally) but most manufacturers won't touch ones over 25 years old, Warrilow says. A brand-certified servicer like Watches of Switzerland makes discontinued parts.

Lugs and bezel

Knocks to the case could indicate a watch was dropped, Warrilow says. Which could indicate major internal damage. Unless you can ask a watchmaker to check the movement over, best steer clear.

The box

Ideally, your watch will come with its original packing and receipt; if there are no papers, be very wary. "But if the manufacturer has serviced it, then its reputation is secured," says Morgan.



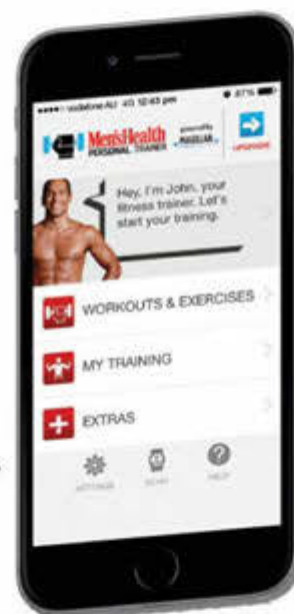
Breitling Navitimer 806
Designed by pilots for pilots, the Navitimer took Breitling's calculator bezel and made history with it. Early pieces currently work out at remarkable value – but they won't for long...

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TIMELY CLASSICS

As Yves Saint Laurent said: "Fashions fade, style is eternal." These pieces are the building blocks of your wardrobe. But you don't have to abandon trends altogether. Instead, just combine them in a way that looks current, as demonstrated by TV presenter James Tobin

MAJOR BLAZER

The navy blazer tops every list of stylish essentials because it elevates everything else you own – including nowadays your trackpants and trainers. The trick to pulling it off is to keep the jacket fitted. "A blazer can be cut shorter, stimmer and softer in the shoulder," says Hardy Amies design director Mehmet Ali. "These small details make a big difference when pairing with trainers."

- VANISHING ELEPHANT BLAZER \$300
- MOSSIMO TEE \$29.95
- RIVER ISLAND TRACKPANTS \$56
- NIKE "ROSHE FLYKNIT" TRAINERS \$160



Television doesn't lie," says James Tobin. The Channel Seven presenter is referring to the fact that he works in a visual medium where, like it or not, appearances matter. "The women on TV certainly get scrutinised a lot and, increasingly us guys do, too."

It was Tobin's stint as presenter of *Beauty & the Geek* that really hammered home the psychological impact that presentation can make. In the show, male contestants undergo makeovers that turn them from cartoon nerds to potential playboys. "Suddenly they're standing a couple of inches taller," says Tobin. "It's amazing what a difference it makes to their confidence and your perception of them. They look like they've got their mojo back and are ready to attack the world."

Most guys don't require such extreme makeovers. But the same logic applies, argues Tobin. "If you are going to a wedding or the races, you put on a nice suit and you feel you're looking good, then you're more likely to have a great day."

Great days, however, can have ugly beginnings. As host of *Weekend Sunrise Weather*, Tobin often has to negotiate fiendishly early wake-up calls. That's why his first move every morning is invariably to fire up his Nespresso coffee machine. "Coffee helps," he insists. "It's the crux of anyone who works in breakfast TV or radio I think. The older you get, the less you can get away with, whether that be not much sleep or a few drinks the night before."

Caffeine aside does Tobin have any other tips to rise and shine? "A shower and a shave can get rid of some of the evidence of the night before," Tobin says. "Just as long as your hands aren't too shaky while you are holding that razor."



◀ CASH IN

"Cashmere is one of those yarns that just makes you feel special, and this season the cashmere crew sweater is a vital style essential for virtually any occasion," says Evan Johnson, Trenery menswear designer. "It's great worn under a suit as the modern alternative to a shirt, or mixed with your favourite jeans to epitomise effortless luxury. For the weekend there's nothing better than cashmere and sweatpants, especially after a hectic week or as an antidote to a big Saturday night!" Colour-wise, navy or grey will offer maximum versatility, or go bright to make a bold statement.

▶ SHAWL THING

"Cardies aren't just for old men anymore," says Ali. "They're a functional wardrobe staple." While a clean, plain knit looks smart in place of a blazer, it looks tougher – and younger – worn over a T-shirt with chinos or jeans.

LEFT

- RAEY FOR MATCHESFASHION CASHMERE SWEATER \$368
- UNIQLO SHIRT \$39.90
- ABRAND JEANS \$119
- LACOSTE SNEAKERS \$139.95

RIGHT

- SABA CARDIGAN \$199
- CALIBRE TEE \$119
- ARMANI EXCHANGE CARGO PANTS \$179



◀ JEAN SPLICING

The denim jacket just keeps on trucking, from late 19th-century cowboy-wear to 21st-century city-slicker staple. "Its versatility has made it a mainstay," says Dan May, style director of Mr Porter. "It can be casual with a simple tee or chic with a knitted tie; worn on top in summer or under a coat in winter." Provided it fits snugly that is: "A baggy silhouette takes that clean edge away," says May. It's guaranteed to have a longer lifespan than any Marlboro Man.

▶ GREAT STRIDES

Maybe it's because they're the epitome of smart-casual, or maybe it's because they're often beige. Either way, chinos can harbour connotations of staidness. But they originated in the military, so they're easily badass enough to wear with denim or even leather. "Think of them as fitting more like your jeans than your trousers," says menswear buyer Luke Mopuntain. "Slim in the thigh and seat, no break at the bottom of the leg and even a small turn-up." Less middle manager, more boss.

LEFT

- SCOTCH & SODA JACKET \$299.95
- TOMMY HILFINGER VEST \$349
- MARCS TEE \$39
- BASSIKE JEANS \$240

RIGHT

- CALIBRE DENIM SHIRT \$199
- MARCS CHINOS \$119
- COACH SNEAKERS \$360



MAKE MORE FACE TIME

Your face at 40 isn't the same as it was at 20. The stuff you slap on it shouldn't be either

By Sarah Lakos

It's time to act your age . . . well your skin-age at the very least. You (hopefully) buy a new toothbrush every few months – but when was the last time you upgraded your face wash or moisturiser? Whether you're looking to preserve your prime or ward off wrinkles, there's an age-appropriate solution to ensure you always put your best face forwards.

BRIGHT YOUNG THING

In our twenties, we treat our skin like it's invincible. But your skincare routine now dictates how well you'll age, says Sally Penford, of the International Dermal Institute. If you're partying hard and staying out late, there's no reason your boss needs to know. After showering (1), counteract eye-puffiness and dark circles with a caffeine hit (2). If you're still prone to the odd breakout, Penford recommends taming zits with pore-unclogging salicylic acid (3) or go one step further and try using a clay mask (4) to dry up pimples and whiteheads. If your skin is blemish-free then expunge any teenage oily residue with a mattifying cleanser (5). Finally, seal the deal by using a moisturiser with SPF (6).

[1] LYNX BLACK SHOWER GEL \$5.99

[2] L'ORÉAL PARIS HYDRA ENERGETIC ICE COOL EYE ROLL-ON \$15.85

[3] CLINIQUE ANTI-BLEMISH SOLUTIONS CLINICAL CLEARING GEL \$48

[4] DR. HAUSCHKA CLARIFYING CLAY MASK \$62

[5] KIEHL'S MEN'S OIL ELIMINATOR DEEP CLEANSING EXFOLIATING FACE WASH \$34

[6] NEUTROGENA OIL FREE MOISTURISER SPF 15 \$13.99





DRIED-UP OLD SKIN

Both hangovers and your skin are less forgiving at this age. "Dehydration can be an issue; your thirties are often when life is most hectic and you're consuming more alcohol and caffeine," says Penford. Try a five-minute detox face mask to balance stressed skin (1) and give your mug a stimulating scrub each week to improve your complexion (2). It's also wise to incorporate an anti-ageing eye balm (3) and to ensure you moisturise daily (4). To extend your peak for longer, a line-smoothing night cream (5) is worth the investment. And if you're under the hammer at work, a light-reflecting serum with SPF (6) will make you look more refreshed than you feel.

1 MALIN+GOETZ DETOX FACE MASK \$52

2 MILK & CO FACE + BODY SCRUB \$12.95

3 LAB SERIES DAILY MOISTURE DEFENSE EYE BALM \$55

4 NIVEA MEN SKIN ENERGY MOISTURE GEL \$14.15

5 GROWN ALCHEMIST REGENERATING NIGHT CREAM \$84.95

6 RATIONALE BEAUTIFUL SKIN LUMINISING SERUM \$85

MIDDLE-AGE SAG

Your skin loses its firmness dramatically after 40 – if you let it. Take control by supplementing your anti-ageing skincare with an express firming mask (1). "Your skin's renewal process slows as you get older too," says Penford, making exfoliating an important part of your routine (2) after freshening up with a hydrating bodywash (3). Tighten things up with a concentrated serum (4) or a firming moisturiser (5). Finally, don't let your laughter lines degenerate into full-blown hysterics – combat the developing wrinkles around your eyes with an antioxidant-packed eye cream (6).



1 CHANEL ULTRA CORRECTION LIFT MASQUE EXPRESS \$102

2 BULLDOG ORIGINAL FACE SCRUB \$9.95

3 MECCA COSMETICS COME CLEAN BODY WASH \$46

4 TOM FORD FOR MEN SKIN REVITALISING CONCENTRATE \$220

5 CLARINS MEN LINE-CONTROL BALM \$58

6 RADICAL EYE REVIVE CREAM \$145

A winning look is built on solid foundations but what really elevates your appearance are the subtle touches made possible with a sophisticated grooming package. Use the new LYNX Black range to achieve the signature refinement you need to make your mark.

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Personal grooming begins with a trusted body wash.

LYNX Black's shower gel possesses a refined, dignified fragrance and a silky consistency that cleanses your body and calms your mind.

RRP \$5.99



MOLD AND HOLD

Get the look that reflects your style. Try the LYNX Hair Featherweight Styling Gel Foam, which gives

your hair the hold of a gel yet gives you a light, natural look and a matte finish. Also available is

LYNX Casual Styling Clay to get the reworkable style with a long-lasting hold.

RRP \$9.99



CLOSE THE DEAL

The final and often defining feature in a winning look is the fragrance. LYNX Black's daily fragrance features a dry note of cedarwood, with top notes of watermelon and raspberry, a combination offering both distinction and elegant restraint.

RRP \$6.29




lynxexpression.com

NEW

BLACK

LYNX



STYLING BY VIRGINIA VAN HEYTHUYSEN
PHOTOGRAPHY BY BEN SULLIVAN

INTO THE WILD

Winter is coming. Strike back by layering textured knits and patterned accents over hardy basics to enliven your cold-climate wardrobe

- GANT COAT \$699
- BONDS SINGLET \$15.95
- SCOTCH & SODA TROUSERS \$279.95
- VANISHING ELEPHANT SCARF \$80

THIS PAGE

- POLO RALPH LAUREN JUMPER \$499
- BASSIKE COTTON TOP \$120
AND PANTS \$195
- VANISHING ELEPHANT BOOTS \$295
- MAVI "MARCUS" JEANS \$149.99


RIGHT

- WITCHERYMAN CARDIGAN \$179.95
- TRENER SHIRT \$119
- LEE TANK TOP \$44.95
- BOSS PANTS \$329
- BEN SHERMAN HAT \$119.95

THERE'S NO REASON TO FEAR
THE PATTERNED JUMPER. SIMPLY
ANCHOR IT DOWN WITH NEUTRAL
COLOURS AND BASICS.



WHEN LAYERING UP,
CHANGES IN TEXTURE ADD
VARIETY AND INTEREST EVEN
IF YOU STICK WITHIN THE
SAME COLOUR PALETTE.



IF YOU'RE COMBINING DIFFERENT PATTERNS, FIND ONE TONE THAT WORKS AS THE COMMON DENOMINATOR THAT PULLS EVERYTHING TOGETHER.

THIS PAGE

- BALLY COAT \$204
- SCOTCH & SODA JACKET \$359.95
- NORTH FACE SHIRT \$100
- POLO RALPH LAUREN JEANS \$449
- BROKEN HOMME BOOTS \$360

LEFT

- BEN SHERMAN CARDIGAN \$189.95
- VANISHING ELEPHANT SHIRT \$110
- 7 FOR ALL MANKIND PANTS \$290
- DIESEL BOOTS \$319

TO PULL OFF AN OVERSIZED COAT, KEEP WHAT'S UNDERNEATH FITTED. THE CONTRAST WILL BRING OUT THE BEST IN YOUR LAYERS - AND WHAT'S COVERING THEM UP